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JEANNE WEARS IT WELL

STYLE ICON BALANCES MOTHERHOOD, CAREER — SHARES HER STORY FOR INTERNATIONAL WOMEN'S DAY

PAGE 33



OTTAWA **metro**® Thursday, March 8, 2012

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Ecology group wants to CUT THE CRAP out of the Ottawa River

PAGE 4

Keith Mailloux sits on a toilet on Britannia Beach Wednesday during an Ecology Ottawa press conference to demand federal funding to clean the Ottawa River. For more on Ecology Ottawa's stink over the federal budget and water treatment see page 4. JOE LOFARO/METRO

Don't buckle on bike lanes: Councillor

Fast lane. Laurier Avenue logged 45,996 cycling trips in September and was the city's busiest cycling route from October onward: City report

STEVE COLLINS
steve.collins@metronews.ca

The chair of Ottawa's transportation committee, Coun.

Marianne Wilkinson, thinks it's too early to start making changes to the segregated bike lanes on Laurier Avenue. Coun. Bob Monette, concerned the loss of on-street parking along Laurier is hurting nearby businesses, yesterday asked staff to look into the possibility of removing the south-side bike lane or relocating it to another street. Wilkinson said she'd rather wait for an interim report on the pilot project in November. "We'll be putting that group together in the next

month or so and it will include representation from people living on the street and businesses and from cycling groups and from the city," Wilkinson said, "So we'll have a balanced group that will take a look at how it's working, is there any areas where it can be improved, all of the different types of things you need to do when you're doing a pilot project."

For more local news visit metronews.ca/ottawa

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Air Canada's biggest union is threatening to strike just as the busy travel season gets under way PAGE 10

Spring decor

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Team makes tough decision to cut iconic quarterback after 13 seasons PAGE 39

CONTEST

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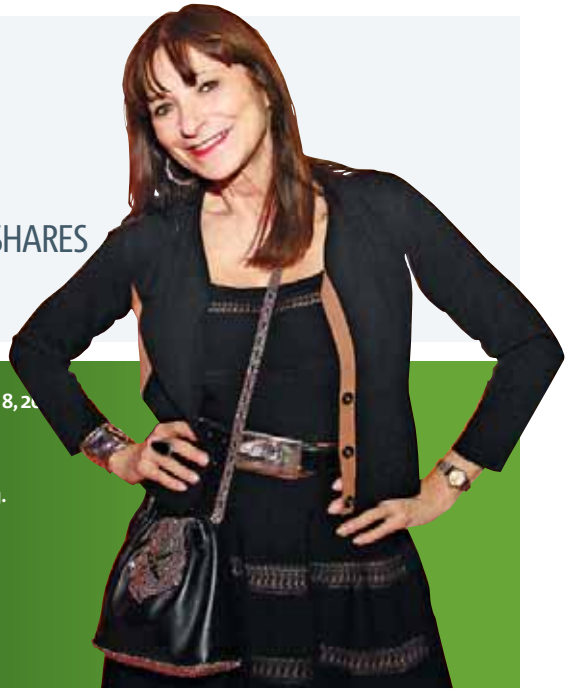
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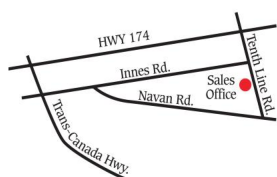
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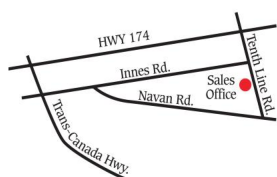
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Job Cuts

New job loss warning issued

Ontario could lose almost 50,000 jobs from the public and private sectors after the cuts expected in the next federal budget, the Canadian Association of Professional Employees announced Wednesday.

The union hired Statistics Canada to use an economic modeling program to examine the impact of cutting \$8 billion of public spending. The model, which was based on economic data collected in 2007, found there would be \$10.17-billion reduction in Canada's GDP and 116,000 jobs lost nationwide.

Finance Minister Jim Flaherty has previously dismissed such estimates as "outrageous."

JESSICA SMITH/METRO

Police chief

Swearing-in ceremony set for new chief

A public swearing-in ceremony for Ottawa's new police chief, Charles Bordeleau, will be held Friday at 10:00 am in the Andrew S. Haydon Hall, Ottawa City Hall, 110 Laurier Avenue West.

METRO

Charity giveaway

Burger joints grill up donations

A charity burger giveaway Tuesday at The Works locations in Orleans, Manor Park, Hunt Club, Westboro and The Glebe Ottawa raised about \$6,700 for the Ottawa Foodbank. The chain's Kanata store raised about \$1,635 for the Kanata Food Cupboard.

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Kevin Gregson, with a bandage covering self-inflicted knife wounds to his neck, in a photo taken by Ottawa police after he was arrested on Dec. 29, 2009. PROVIDED

Brain condition not to blame: doctor

Tumors. Accused killer's brain cysts not linked to aggression: crown witness



JESSICA SMITH
jessica.smith@metronews.ca

The day he stabbed Const. Eric Czapnik, Kevin Gregson told police he'd had brain tumours that disappeared and left holes behind — a condition he blamed for his aggression.

In court Wednesday, lawyers questioned Gregson's doctor, who disagreed with his claims.

On Dec. 29, 2009 Gregson told Ottawa police Sgt. Tim Hodgins during interrogation

that he developed tumours in his brain from being hit in the head repeatedly as an RCMP officer and doctors put a shunt in his head in 2006, which made them go away.

"The middle of my head is Swiss cheese," he said. "The doctor here in town says that I should be dead right now.... He says I'm just too tough. Like my body is so whacked. Like I can't die."

Gregson's doctor, neurosurgeon Dr. John Sinclair, testified Gregson has cysts in his brain, specifically a rare condition called atypical type 3 perivascular spaces. In 2006, the cysts blocked the drainage of fluid from his brain, causing a condition known as hydrocephalus, so doctors inserted a shunt in his head that drains the excess fluid.

While there is no consensus in the medical community about how the cysts are caused, Sinclair said he believes they have been there since birth and cannot be caused by repeated trauma to the head — such as the rough work done by an RCMP officer.

Gregson also told police the condition made him aggressive.

"Like for me my aggression went through the roof," he said in the police interview. "But I was able to control it."

Sinclair said neither the cysts nor hydrocephalus would have changed Gregson's personality or increased aggression and if they had damaged his brain Gregson would have shown other symptoms.

Defence begins today

- **Statement.** Kevin Gregson's lawyers, Craig Fleming and Francois Dulude, are scheduled to deliver an opening statement and begin calling witnesses today, including Gregson. The details of the defence have not been made clear, but some facts have already been admitted by both sides — including that Gregson stabbed Czapnik and he knew Czapnik was a police officer. Gregson is charged with first-degree murder.

On the web

Student protests

Four people were injured during student protests as Quebec's battle over tuition-fee hikes took a nasty turn Wednesday. Watch at metronews.ca/video



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Cops: Bump key burglars prowling

Ottawa police are warning residents of thieves using "bump keys" which open doors without damaging locks. Suspects have been knocking on doors, and, if someone is home, offering a fake story, said police. **METRO**

Search

Missing girl may be in Gatineau

Police are looking for 17-year-old Karen Julieth Anaconda Monje, who went missing from her home in Quebec City on Feb. 4 and may be in Gatineau.

Anyone who sees her can call police at 819-246-0222. **METRO**

Karen Julieth Anaconda Monje. **METRO**

Emergency

Prompt 911 call douses fire

Fire crews rushed to a home in Richmond Wednesday afternoon after a 911 caller reported seeing flames and black smoke. All occupants of the home made it safely outside and the fire was quickly extinguished. **METRO**

Roads

Cops hunting for distracted drivers

Ottawa traffic officers are now targeting distracted driving, as well as seat-belt and child seat use. Between 2008 and 2010, distraction was at least partially to blame for 6,129 crashes in Ottawa. **METRO**

Roads

Senior struck by vehicle

A 78-year-old man was struck by a vehicle at the intersection of Beechwood and Champlain Avenues Tuesday night. He was transported to hospital with severe head and other injuries. **METRO**

'Cut the crap', Ecology Ottawa says

Environment. Locals perplexed by MP's response to request for funding

JOE LOFARO
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The environmental awareness group is asking the federal government to include funding for the Ottawa River Action Plan (ORAP) in the 2012 budget.

The city needs \$150 million to build large containers that would divert raw sewage from spewing into the river during heavy rainfalls.

"We're asking for federal government support to make this happen and we're not satisfied so far with the response we're getting from the federal government," said Graham Saul, chair of Ecology Ottawa.

Quotable

"We don't think that the federal government should be asking the city to choose between clean water and public transit."

Graham Saul, Ecology Ottawa chair

The group distributed copies of an email from Pierre Poilievre, Tory MP for Nepean-Carleton, who suggested transferring the government's transit contribution to the ORAP, "should the city now be identifying that as its priority."

But Maria McRae, chair of the city's environment committee, said ORAP has always been a city priority and has funds ready to go.

"I'm not sure why he would have expected us to cancel light rail now," said McRae. "But I am optimistic that the federal government is committed to funding this and that they'll identify money in future budgets."



Ottawa soaks up the return of patio season

Sandra Larabie, Jessica Larabie and Mark Wooff enjoy the warm weather Wednesday afternoon at the Clock Tower Brew and Pub patio. Warm winds blew in from the southwest Wednesday. ByWard Market patios opened and Ottawa had its warmest March 7 since 1974, when the mercury hit 11.1 C. Larabie said she doesn't think the warmth will last. And she's right, according to Environment Canada Meteorologist Geoff Coulson, who said, "It is a time of year we can get significant changes in weather and temperatures in a short period." Colder seasonal temperatures are to return on Friday before winds bring back warm temperatures this weekend, he says. **JOE LOFARO/METRO**

Festival. Westfest office forced to move east

Westfest 2012 will still happen in the heart of Westboro early this summer, but the festival's admin office has moved away from Richmond Road to 265 Montreal Rd. in

Vanier because it can't afford the village's high rent.

"The Westfest Inc. office moved out of Westboro Village July 1, 2011 and the sole reason is that this free

festival can no longer afford the high rents that are found in Westboro Village," Elaina Martin, the festival's producer and founder, wrote in an email. "We are a not-

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Roots and Shoots of better future part of Jane's journey to Ottawa

Primatologist. Jane Goodall to visit Canada to promote documentary and youth movement



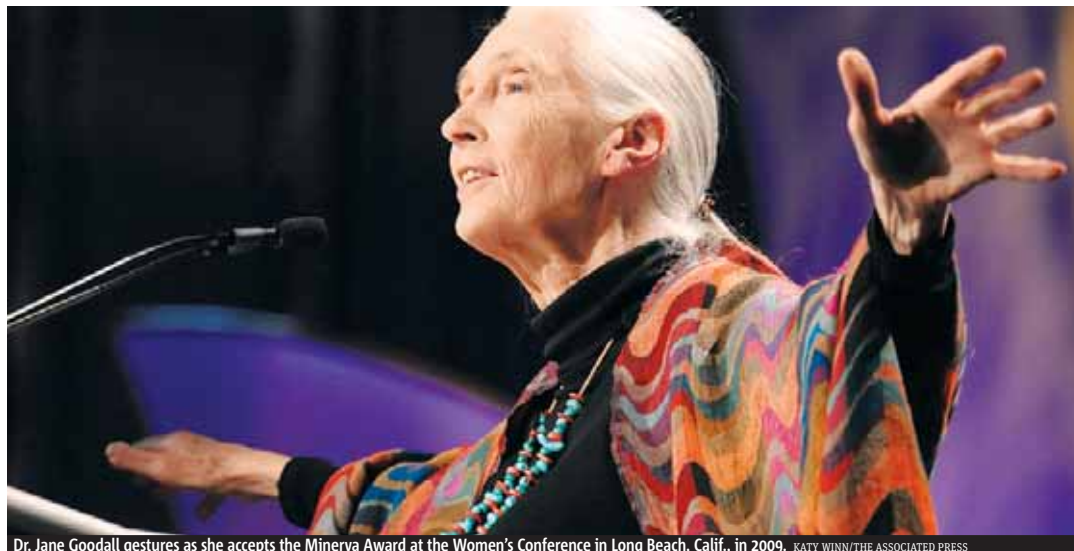
SEAN MCKIBBIN
sean.mckibbin@metronews.ca

Hear the name Dr. Jane Goodall, and you automatically think about her conservation and ecological work in Africa sparked by her chimpanzee research.

But when the world-renowned primatologist visits Canada later this month for screening Jane's Journey, an Oscar-nominated documentary about her life, people will also get to learn about the work she's inspired here.

"I've just spent three and a half weeks in Tanzania where I was visiting our youth program, Roots and Shoots," said Goodall. "It's in Canada too."

There are about 550 regis-



Dr. Jane Goodall gestures as she accepts the Minerva Award at the Women's Conference in Long Beach, Calif., in 2009. KATY WINN/THE ASSOCIATED PRESS

tered Canadian chapters of the program that encourages young people to form groups to solve problems they see in their communities and

around the world.

Whether the groups want to clean up a stream in their community, mount a letter writing campaign to lobby

governments or work on a social issue such as gender inequality, Roots and Shoots gives young people hope for the future, said Goodall.

"So many young people are depressed about the future, some are angry, but most feel their future has been compromised," says Goodall.

Roots and Shoots started with 12 students meeting in her home in Dar El Salaam in 1991 and has spread across the globe.

The organization, much like the new film she will be showing in Ottawa, Toronto and Sudbury, spreads a message that collectively people can make a difference and make the world a better place.

Jane's Journey

- Ottawa screening: March 21, 7 p.m. to 9 p.m. at the Canadian Museum of Civilization.
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Roots and Shoots of better future part of Jane's journey to Ottawa

Primatologist. Jane Goodall to visit Canada to promote documentary and youth movement



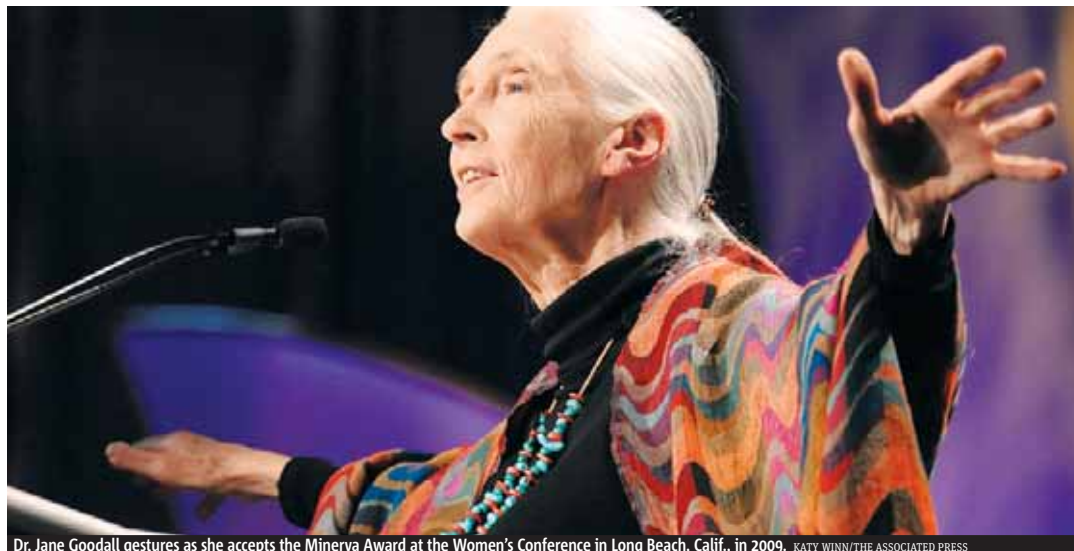
SEAN MCKIBBIN
sean.mckibbin@metronews.ca

Hear the name Dr. Jane Goodall, and you automatically think about her conservation and ecological work in Africa sparked by her chimpanzee research.

But when the world-renowned primatologist visits Canada later this month for screening Jane's Journey, an Oscar-nominated documentary about her life, people will also get to learn about the work she's inspired here.

"I've just spent three and a half weeks in Tanzania where I was visiting our youth program, Roots and Shoots," said Goodall. "It's in Canada too."

There are about 550 regis-



Dr. Jane Goodall gestures as she accepts the Minerva Award at the Women's Conference in Long Beach, Calif., in 2009. KATY WINN/THE ASSOCIATED PRESS

tered Canadian chapters of the program that encourages young people to form groups to solve problems they see in their communities and

around the world.

Whether the groups want to clean up a stream in their community, mount a letter writing campaign to lobby

governments or work on a social issue such as gender inequality, Roots and Shoots gives young people hope for the future, said Goodall.

"So many young people are depressed about the future, some are angry, but most feel their future has been compromised," says Goodall.

Roots and Shoots started with 12 students meeting in her home in Dar El Salaam in 1991 and has spread across the globe.

The organization, much like the new film she will be showing in Ottawa, Toronto and Sudbury, spreads a message that collectively people can make a difference and make the world a better place.

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Race still open despite big Romney lead

Republican primaries.

Obama's approval ratings on the rise as Republicans continue to battle it out for the nomination

Republican presidential front-runner Mitt Romney won in six of 10 Super Tuesday states but managed only the

narrowest victory over rival Rick Santorum in all-important Ohio, an outcome that leaves open the contest for the nomination to challenge President Barack Obama.

Santorum, the former senator, captured three states and Newt Gingrich, the former speaker of the House of Representatives, notched a victory in Georgia, the state he represented in Congress for nearly two decades.

Rallying for Romney

Romney is "the only candidate in this race who's got a plan to turn this economy around."

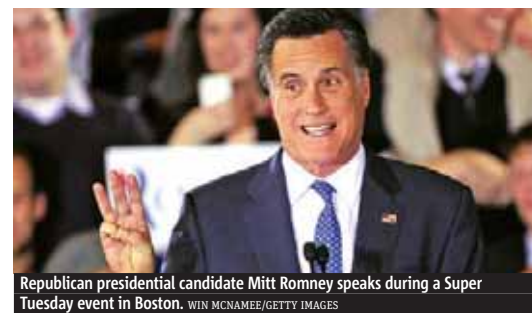
Republican Eric Cantor, majority leader, House of Representatives

The mixed results in the 10 state contests held on Tuesday suggest that Romney, despite padding his lead

in the tally of delegates who will pick the nominee this summer, is still struggling to win over the Republican party's most conservative elements.

In the aftermath of the Tuesday vote, Obama campaign manager Jim Messina, in a conference call with reporters, said Romney was "limping across the finish line" in primary states.

THE ASSOCIATED PRESS



Republican presidential candidate Mitt Romney speaks during a Super Tuesday event in Boston. WIN MCNAMEE/GETTY IMAGES



Murder trial. Mother testifies she met woman now in jail for girl's killing

Victoria Stafford's mother crossed paths before with the woman convicted of the eight-year-old's murder when she bought drugs at her house, though 18-year-old Terri-Lynne McClintic seemed too strung out to even notice, court heard Wednesday.

McClintic, now 21, pleaded guilty two years ago to first-degree murder in Tori's death. Michael Rafferty, her boyfriend at the time, is now on trial for first-degree murder, sexual assault causing bodily harm and kidnapping.

He has pleaded not guilty. Tara McDonald testified Wednesday at Rafferty's trial and said she was addicted to OxyContin at the time her daughter was abducted outside her Woodstock, Ont., school on April 8, 2009. She had even taken some that day in the hours before Tori was supposed to arrive home from school, she said.

Terri-Lynne McClintic is set to take the stand at Rafferty's trial starting Tuesday, Superior Court Judge Thomas Heeney told the jury.

THE CANADIAN PRESS



Tara McDonald, mother of slain Victoria (Tori) Stafford, walks into court in London, Ontario, on Wednesday. DAVE CHIDLEY/THE CANADIAN PRESS

Cyber crime

Terrorists may pursue cyber attacks: FBI director

FBI Director Robert Mueller said Wednesday that terrorists may seek to train their own recruits or hire outsiders with an eye toward pursuing cyber attacks on the United States.

"Terrorists have not used the Internet to launch a full-scale cyber attack, but we cannot underestimate their intent," Mueller told a House subcommittee. He said terrorists have shown interest in developing hacking skills, and that the evolving nature of the problem makes the FBI's counterterrorism mission more difficult.

THE ASSOCIATED PRESS

Holy hackers

Vatican website hit by hackers

Members of the amorphous hacking group Anonymous claimed Wednesday to have taken down the Vatican website to protest everything from Catholic doctrine to the sexual abuse of children.

The website was inaccessible for much of Wednesday afternoon and evening.

Vatican spokesman Rev. Federico Lombardi confirmed the attack but declined to comment on its possible source. He said he didn't know how long it would take the Vatican's technicians to bring the site back up.

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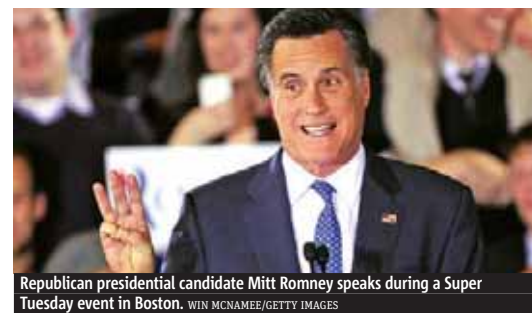
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Huge solar flare headed toward Earth

Bright lights. Solar storm of charged particles will smack the Earth at about 6.4M km/h

The largest solar storm in five years is racing toward Earth, threatening to unleash a torrent of charged particles that could disrupt power grids, GPS and airplane flights.

The sun erupted Tuesday evening, and the effects should start smacking Earth between 1 a.m. and 5 a.m. EST Thursday, according to forecasters at the federal government's Space Weather Prediction Center. They say the storm, which started with a massive solar flare, is growing as it speeds outward from the sun.

"It's hitting us right in the nose," said Joe Kunches, a scientist for the National Oceanic and Atmospheric Administra-

tion. He called it the sun's version of "Super Tuesday."

Scientists say the sun has been relatively quiet for some time. And this storm, while strong, may seem fiercer because Earth has been lulled by several years of weak solar activity.

The solar storm is likely to last through Friday morning, but the region that erupted can still send more blasts our way, Kunches said.

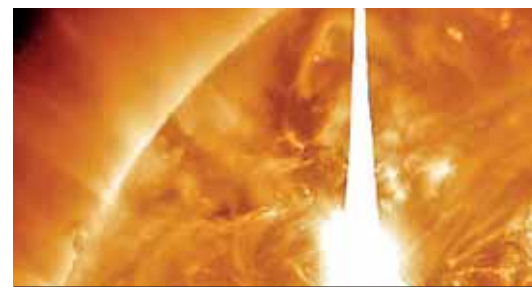
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"good" part of a solar storm — the one that creates more noticeable auroras or Northern Lights — will peak Thursday evening.

But there is potential for problems. Solar storms have can disrupt technology on Earth through magnetic, radio and radiation emissions.

This is an unusual situation when all three types of solar storm disruptions are likely to be strong, Kunches said.

THE ASSOCIATED PRESS



An impressive solar flare is heading toward Earth. NASA HANDOUT

'Hippy' model fights back

Canadian-born Ananda Marchildon, the Dutch model who won the television show Holland's Next Top Model, has won a lawsuit against the Elite model agency after she was dropped for having hips that were supposedly too large. The Amsterdam District Court ruled that Marchildon, 25, was entitled to the \$98,000 contract that she won in the 2008 production of the show. SLOGGI/THE ASSOCIATED PRESS

Research progress

Scientists zero in on 'God particle'

More scientists are getting closer in the search for the "God particle" of physics that would help explain the fundamentals of the universe, but they haven't found it yet.

In the hunt for the Higgs boson, which is key to understanding why matter has mass, two teams of physicists have come up with similar findings to those announced late last year by researchers in Europe. While the scientists have not found the elusive subatomic particle, they have narrowed the area where it can be found, if it exists. THE ASSOCIATED PRESS

Cheeky clothing

Irish ire on apparel

Urban Outfitters continues drew controversy, with a selection of St. Patrick's Day merchandise that stereotypes the country's natives as drinkers. Among the items prominently displayed this week at some of the trendy chain's stores were women's tops that read "Irish I were drinking" and "Kiss me, I'm drunk, or Irish, or whatever."

New York congressman Joe Crowley, co-chair of the legislature's ad hoc committee on Irish affairs, has asked Urban Outfitters CEO Tedford Marlow to pull the merchandise. THE ASSOCIATED PRESS

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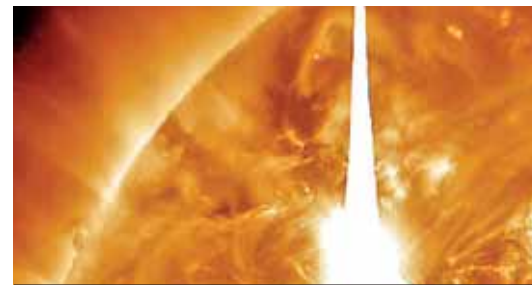
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Cheeky clothing

Irish ire on apparel

Urban Outfitters continues drew controversy, with a selection of St. Patrick's Day merchandise that stereotypes the country's natives as drinkers. Among the items prominently displayed this week at some of the trendy chain's stores were women's tops that read "Irish I were drinking" and "Kiss me, I'm drunk, or Irish, or whatever."

New York congressman Joe Crowley, co-chair of the legislature's ad hoc committee on Irish affairs, has asked Urban Outfitters CEO Tedford Marlow to pull the merchandise. THE ASSOCIATED PRESS

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Prices effective from Friday, March 9 to Thursday, March 15, 2012

FRI 9	SAT 10	SUN 11	MON 12	TUE 13	WED 14	THU 15
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Workplace

**You're hired.
Say thank-you
to Facebook**

Facebook is already an established screening tool for hiring managers — but new research shows it can also be an indicator for job success.

Researchers say a 10-minute sift through a Facebook profile can predict how a job candidate will perform in the workplace more accurately than a personality assessment test.

Researchers found the Facebook scores were more accurate in predicting success than personality tests in areas like conscientiousness, emotional stability, agreeableness and openness to experience.

What did the "raters" like on Facebook?

People who travel and enjoy new experiences, people with hobbies and creative interests and people with friends and a sense of humour.

TORSTAR NEWS
SERVICE

Parliament

**Tories think again
on more powers
for electoral chief**

The Conservative government has reversed course and now says it will support an NDP motion to give Elections Canada increased audit powers.

Prime Minister Stephen Harper (below) told the House of Commons on Wednesday his government will support new legislation — as proposed by the official Opposition.

A Tory-dominated committee last month turned down a recommendation by the chief electoral officer for new investigative powers. Marc Mayrand wants to be able to compel parties to

back up their financial statements with receipts and details.

THE
CANADIAN
PRESS



Air Canada chaos set to ruin March Break?

**Strike threat. Our
pension concerns are
not being addressed,
angry union members
warn the airline**

Air Canada's biggest union is threatening to strike just as the busy March Break travel season gets under way.

Its members are furious over what they consider the airline's refusal to deal with pension issues.

Union vice-president Dave Ritchie said Wednesday the machinists, cargo agents and baggage handlers rejected a tentative deal because Air Canada hasn't addressed the pension concerns — especially after members agreed to millions of dollars in cost cutting to help the airline restructure.

The International Association of Machinists and Aerospace Workers said its 8,600 members will walk off the job

if they don't get a new deal by 12:01 a.m. ET on Mar. 12.

Ritchie said if the union were to strike, flights would be grounded because its members provide crucial services such as fixing and de-icing planes.

"If we hit the lines, flights will be grounded," he said.

Ritchie said the union's negotiating committee underestimated the anger of its membership, who rejected a tentative deal by a 66 per

Union fury

"In my 40 years of collective bargaining, I have never seen the level of anger that I have seen in the membership at Air Canada."

Dave Ritchie, union vice-president

cent margin.

Of particular concern

are wages and a sizable pension deficit, which the union says Air Canada has not dealt with, despite the sale of \$2 billion in assets.

The union had already agreed in 2009 to defer payment on its pension plan until 2014, but the company is asking for \$350 million in pension concessions while top executives continue to be paid handsomely, Ritchie declared.

THE CANADIAN PRESS

Tories worried

**Don't spoil
vacations,
Raitt pleads**

Labour Minister Lisa Raitt said the government is taking the labour threat seriously and is concerned a strike would disrupt the travel plans of thousands

and have a big negative impact on the economy.

"This is a particularly bad time for thousands of families," Raitt said.

"We encourage both parties to avoid a work stoppage and restore confidence for the travelling public and Canadian job creators that rely on commercial air services."

Duncan Dee, Air Canada executive vice-president and CEO, attempted to downplay the possibility of travel chaos.

"Should a settlement not be reached and the IAMAW commences job action, the airline will endeavour to minimize inconvenience to its customers," Dee said.

THE CANADIAN PRESS

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Billy-club police move in on Montreal protesters

Quebec's battle over university tuition fee hikes takes a nasty turn as students square off against police in Montreal on Wednesday. Clouds of tear gas wafted over downtown. Riot police used billy clubs to slam their way through protesters who were blocking access to a public building. Some responded by tossing snowballs at officers. Four people were injured. ANDRÉ PICHETTE/LA PRESSE/THE CANADIAN PRESS

Manhunt. Mounties launch global search for Tamil ship 'mastermind'

Mounties have launched an international manhunt for the first person charged in connection with a ship that brought hundreds of Tamil migrants to Canada's West Coast a year and a half ago.

Thayakaran Markandu has been charged with organizing illegal entry into Canada, the RCMP said Wednesday.

The charge relates to the MV Sun Sea, which arrived in August 2010 carrying 492 Tamil migrants.

Markandu, who was born in 1972 according to court records, is currently believed to be living abroad, although Mounties haven't confirmed where, said Sgt. Duncan Pound.

An indictment filed in B.C. provincial court accuses Markandu of offences in the Juan de Fuca Strait off the B.C. coast, as well as in Sri Lanka,

Malaysia and Thailand.

The indictment, which was sworn Monday and contains unproven allegations, claims Markandu "did knowingly organize, induce, aid or abet the coming into Canada of one or more persons who are not in the possession of a visa, passport or other document required by the Immigration and Refugee Protection Act."

The Sun Sea arrived with 492 Tamils on board, including men, women and children.

All made refugee claims, pointing to decades of violence wrought by a 26-year civil war in their home country of Sri Lanka.

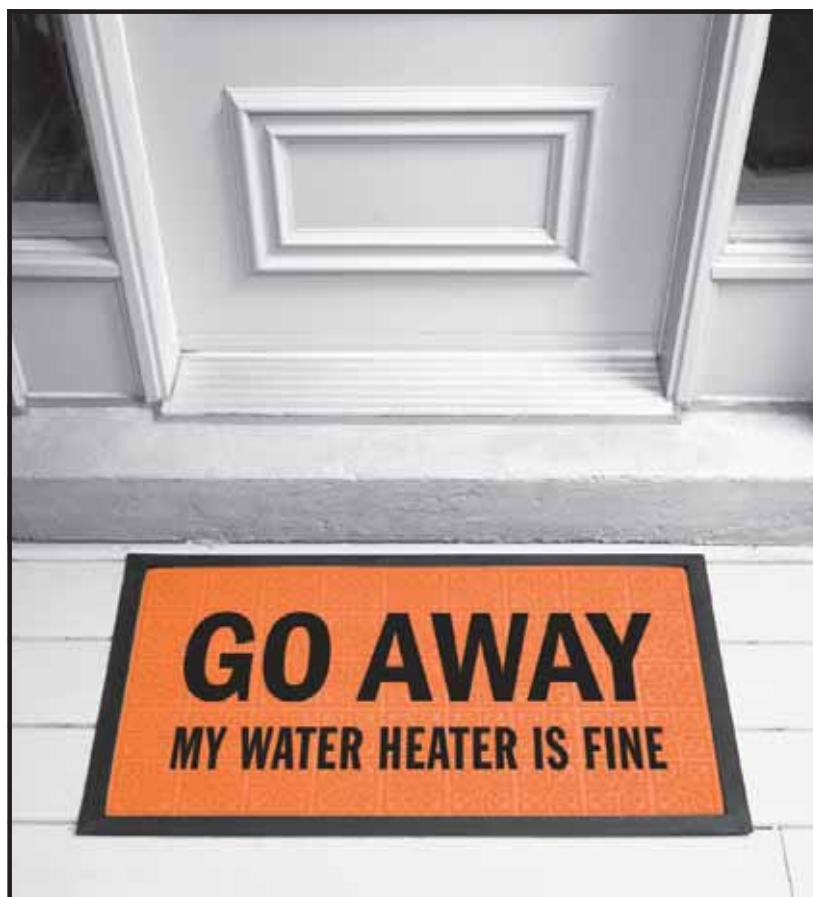
As of January, three of the Sun Sea passengers had their refugee claims approved, according to the latest figures.

THE CANADIAN PRESS

International pursuit

"We believe he's not inside Canada, so we're working with our international partners ... in an effort to bring him to justice."

The RCMP's Sgt. Duncan Pound



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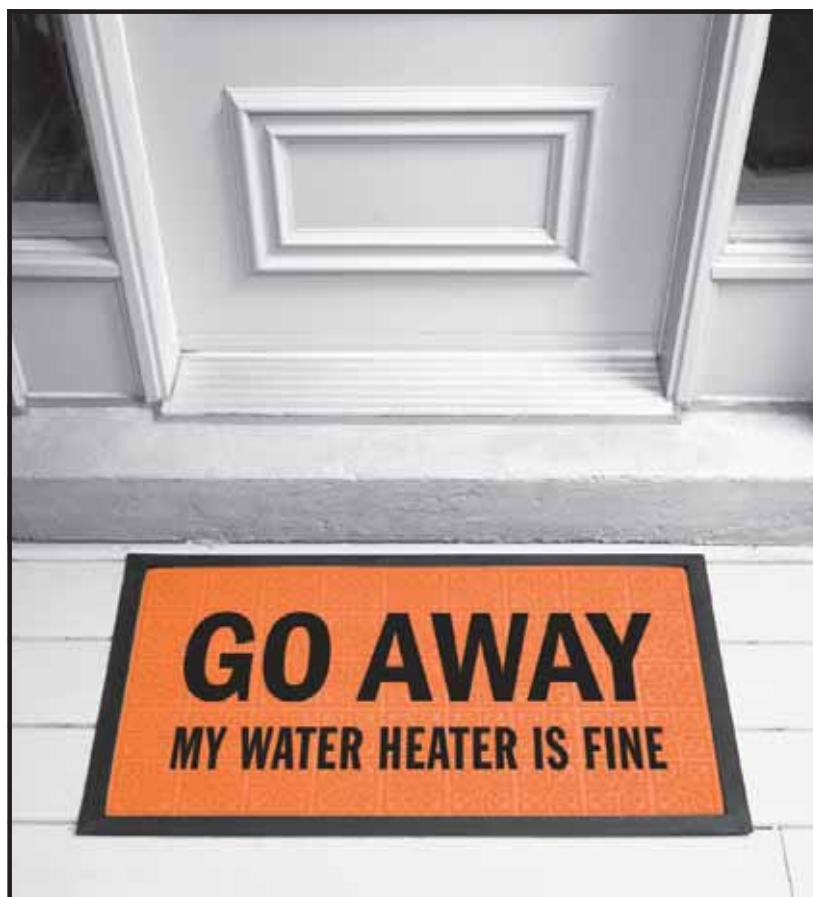
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GEORGE DOYLE/STOCKBYTE/THINKSTOCK

FIGHT COLD AND FLU SEASON

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you

can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch objects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on

every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48 hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an

RN and infection control specialist.

"So the next person that comes along and turns the doorknob or uses the telephone, is at risk.

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

— Ylva Van Buuren

GET WELL SOON



TOM LE GORE/PHOTODISC/THINKSTOCK

The average child will get between eight and 12 cold or flu viruses a year, while adults typically get six to eight. The bad news? There's no cure.

"You can't take antibiotics for a virus," says Dr. Jonathan Kerr, a spokesperson for The College of Family Physicians of Canada. "But your body will heal itself in five to 14 days, depending on how severe the virus is."

To get well soon, Kerr recommends following these doctor's orders:

GET PLENTY OF REST If you sleep for a day or two when you first get sick, the world won't stop revolving — and it could help you feel better faster. "I ask my patients how well they're really functioning when they feel miserable," says Kerr. "The body will heal itself if you do the right things, but you have to be patient. It could take a week or two before you feel completely well again."

REPLACE LOST FLUIDS If you're vomiting and sweating or you have diarrhea, drink lots of water or other non-caf-

feinated beverages such as juice and herbal tea. Homemade chicken soup is great too. "If someone who cares about you made it, there's a psychological component that will make you feel better," says Kerr. "Plus it's mostly fluid, and the protein in the chicken will give you some strength." Since ginger has anti-nausea properties, sipping cold or warm flat ginger ale may ease stomach upset.

SEEK OVER-THE-COUNTER RELIEF A pharmacist can help you choose a product to ease a cough, a runny or stuffy nose or muscle aches. Want to try a supplement? Go ahead — some small studies have shown that zinc and echinacea may lessen a virus' duration by half a day if you take them when symptoms start. "If you take the proper dosage, it won't hurt and it might help," says Kerr.

— Jane Doucet



ISTOCKPHOTO/THINKSTOCK

IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches.

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MR. CLEAN DISINFECTANT LIQUIDS KILL FLU VIRUS

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KILL FLU VIRUS*



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Apple TV

iCloud to ease movie watching

Apple is making it easier for people who buy movies through iTunes to play them on the various devices.

Apple said Wednesday that customers can now save some movies on its iCloud remote-storage service. That system lets devices such as the iPad and the iPhone retrieve content wirelessly. Before, if you bought a

movie on one device to play on another, you needed to connect both to a personal computer with a physical cord. This means people will be able to watch purchased movies on an improved Apple TV set-top box going on sale next week. That should allay frustration consumers have had with digital movie purchases, which could be bought on iPads and iPhones, but couldn't be stored on the Apple TV device because it has no hard drive.

THE ASSOCIATED PRESS

Market Moment



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TSX
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OIL
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GOLD
\$1,683.90 US (+\$11.80)

Natural gas: \$2.33 US (-2.8¢)
Dow Jones: 12,837.33 (+78.18)

It may look like an iPad 2 but it's different — really!

New features.
Enhanced graphics, faster processor and upgraded camera

MIKE YAWNEY
ottawa@metronews.ca

Every time Apple hints at releasing a new product, the rumours begin to swirl. Speculation on what will be announced and the latest features are inevitable. Some of the rumours turn out to be true, some of them wrong. In the case of the new iPad, the media nailed it.

The new iPad (not the iPad 3 or iPad HD) looks and feels much like the iPad 2. It's 0.6 millimetres thicker and 51 grams heavier — hardly noticeable. The easiest way to tell the difference is by looking at the screen.

Apple calls it the Retina display, because it's nearly impossible to pick out individual pixels with the naked eye. The new iPad has four times the number of pixels than the iPad 2, with 264 pixels per square inch. This means it has one million more pixels than the high-definition TV in your living room. Text is much clearer and easier to read. Graphics also look smooth and polished.

The enhanced graphics are made possible by Apple's new A5X processor. The chip allows for quad-core graphics, double the performance of the iPad 2. Those who love to play games will see the value in the chip.

One of my biggest disappointments with the iPad 2 was the camera quality. Apple says it has listened to customer feedback and decided to change the cameras. The rear of the new iPad will feature a new five-megapixel iSight camera



Apple CEO Tim Cook introduces the new iPad during an event in San Francisco on Wednesday. The new iPad features a sharper screen and a faster processor. PAUL SAKUMA/THE ASSOCIATED PRESS

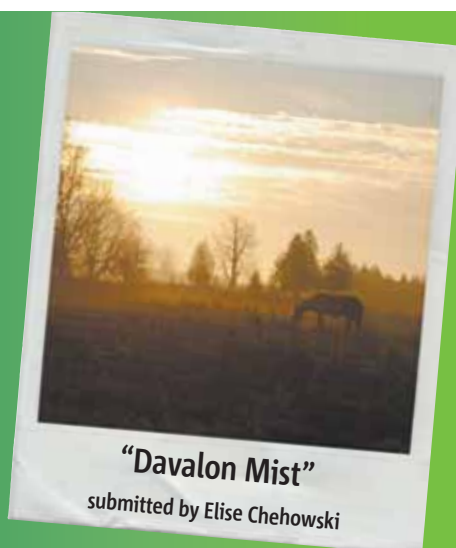
with auto focus, face detection and auto white balance. It will also have the ability to record 1080p HD video at 30 frames per second. The front camera remains VGA-quality, which may

disappoint some.

The last feature is the ability to download and surf the web faster, supporting 4G and LTE. The new iPad will be available March 16th, starting at \$519.

metro

SNAP OF THE DAY



"Davalon Mist"
submitted by Elise Chehowski

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Home affordability up despite high debt: RBC

Despite ongoing concerns about household debt, home ownership is becoming more affordable in Canada, says new research by the Royal Bank.

RBC's latest report says home affordability improved in the final months of 2011 for the second consecutive quarter, thanks to softening house prices and income gains.

Owning a home in Canada now takes up as much pre-tax income as it did a year ago, even though household indebtedness has continued to rise and is now at a record-high 153 per cent of disposable income.

Ownership even became more affordable in the ultra-expensive Vancouver market,

although it remains the dearest place in Canada to own a home.

"The improvement in affordability was modest for the most part, but still significant enough to dial back the deterioration that impacted the market in spring last year," said RBC chief economist Craig Wright in a release issued Wednesday.

The study shows affordability rates vary widely. Vancouver's rate is down by 4.6 points to 86 per cent. Next highest is Toronto at 52.2 per cent. Other ratings were Ottawa (40.9), Montreal (40.1) Calgary (36.7) and Edmonton (32.8).

RBC defines affordability as the proportion of pre-tax



A real estate agent puts up a sold sign in front of a house in Toronto on Apr. 20, 2010. DARREN CALABRESE/THE CANADIAN PRESS

household income needed to service the costs of owning a specific type of home.

THE CANADIAN PRESS

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Centre for Research and Education on Women and Work



Apple TV

iCloud to ease movie watching

Apple is making it easier for people who buy movies through iTunes to play them on the various devices.

Apple said Wednesday that customers can now save some movies on its iCloud remote-storage service. That system lets devices such as the iPad and the iPhone retrieve content wirelessly. Before, if you bought a

movie on one device to play on another, you needed to connect both to a personal computer with a physical cord. This means people will be able to watch purchased movies on an improved Apple TV set-top box going on sale next week. That should allay frustration consumers have had with digital movie purchases, which could be bought on iPads and iPhones, but couldn't be stored on the Apple TV device because it has no hard drive.

THE ASSOCIATED PRESS

Market Moment



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(+0.24¢)



TSX
12,350.16 (+51.53)



OIL
\$106.16 US (+\$1.46)



GOLD
\$1,683.90 US (+\$11.80)

Natural gas: \$2.33 US (-2.8¢)
Dow Jones: 12,837.33 (+78.18)

It may look like an iPad 2 but it's different — really!

New features.
Enhanced graphics, faster processor and upgraded camera

MIKE YAWNEY
ottawa@metronews.ca

Every time Apple hints at releasing a new product, the rumours begin to swirl. Speculation on what will be announced and the latest features are inevitable. Some of the rumours turn out to be true, some of them wrong. In the case of the new iPad, the media nailed it.

The new iPad (not the iPad 3 or iPad HD) looks and feels much like the iPad 2. It's 0.6 millimetres thicker and 51 grams heavier — hardly noticeable. The easiest way to tell the difference is by looking at the screen.

Apple calls it the Retina display, because it's nearly impossible to pick out individual pixels with the naked eye. The new iPad has four times the number of pixels than the iPad 2, with 264 pixels per square inch. This means it has one million more pixels than the high-definition TV in your living room. Text is much clearer and easier to read. Graphics also look smooth and polished.

The enhanced graphics are made possible by Apple's new A5X processor. The chip allows for quad-core graphics, double the performance of the iPad 2. Those who love to play games will see the value in the chip.

One of my biggest disappointments with the iPad 2 was the camera quality. Apple says it has listened to customer feedback and decided to change the cameras. The rear of the new iPad will feature a new five-megapixel iSight camera



Apple CEO Tim Cook introduces the new iPad during an event in San Francisco on Wednesday. The new iPad features a sharper screen and a faster processor. PAUL SAKUMA/THE ASSOCIATED PRESS

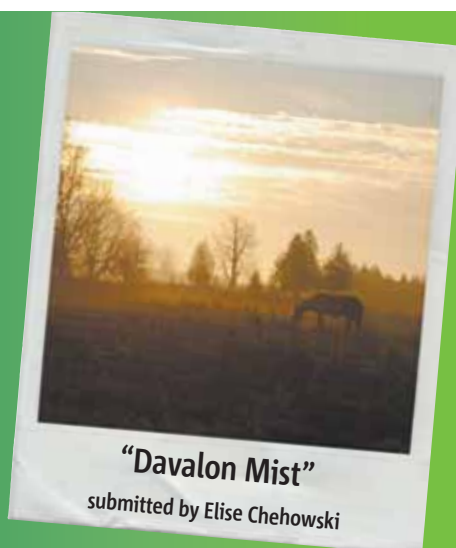
with auto focus, face detection and auto white balance. It will also have the ability to record 1080p HD video at 30 frames per second. The front camera remains VGA-quality, which may

disappoint some.

The last feature is the ability to download and surf the web faster, supporting 4G and LTE. The new iPad will be available March 16th, starting at \$519.

metro

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"Davalon Mist"
submitted by Elise Chehowski

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Home affordability up despite high debt: RBC

Despite ongoing concerns about household debt, home ownership is becoming more affordable in Canada, says new research by the Royal Bank.

RBC's latest report says home affordability improved in the final months of 2011 for the second consecutive quarter, thanks to softening house prices and income gains.

Owning a home in Canada now takes up as much pre-tax income as it did a year ago, even though household indebtedness has continued to rise and is now at a record-high 153 per cent of disposable income.

Ownership even became more affordable in the ultra-expensive Vancouver market,

although it remains the dearest place in Canada to own a home.

"The improvement in affordability was modest for the most part, but still significant enough to dial back the deterioration that impacted the market in spring last year," said RBC chief economist Craig Wright in a release issued Wednesday.

The study shows affordability rates vary widely. Vancouver's rate is down by 4.6 points to 86 per cent. Next highest is Toronto at 52.2 per cent. Other ratings were Ottawa (40.9), Montreal (40.1) Calgary (36.7) and Edmonton (32.8).

RBC defines affordability as the proportion of pre-tax



A real estate agent puts up a sold sign in front of a house in Toronto on Apr. 20, 2010. DARREN CALABRESE/THE CANADIAN PRESS

household income needed to service the costs of owning a specific type of home.

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3	<input type="checkbox"/> QUICK PICK				
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15	<input type="checkbox"/> QUICK PICK				

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Tech troubles

RIM results likely to fall short: BMO

Research In Motion's earnings are likely to fall short of expectations in the coming quarters as the BlackBerry maker moves towards the launch of its new devices late in the year, according to

an analyst at BMO Nesbitt Burns.

Tim Long of BMO said in a note to clients that he doesn't expect RIM to unveil the next-generation BlackBerry 10 series until the November quarter, and that the lingering uncertainty of the exact timing could keep customers on the sidelines waiting for the new product. **THE CANADIAN PRESS**

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Porky the Waste Hater, left, Canadian Taxpayers Federation federal director Gregory Thomas and Catherine Briere present the 14th annual Teddy Waste Awards on Parliament Hill in Ottawa on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Taxpayers group cites federal waste

Government spending. Agriculture Canada comes under fire for program aimed at reducing tobacco farming across the country

A federal program that spent millions paying farmers to get out of the tobacco business only to see their numbers rise is this year's winner of a government

waste award.

The Canadian Taxpayers Federation gave its annual worst-of-government waste award to Agriculture Canada for its 2008-2009 \$284-million tobacco-transition program, which the auditor general found increased the number of tobacco farmers, rather than reduce it.

"More than half the 1,000 recipients of fat federal cheques were not actually active tobacco farmers," federation director Gregory Thomas said.

Some farmers ended up

taking money to get out of the business, then shifted their land and equipment to relatives who kept on growing tobacco.

Tobacco production doubled the next year, the auditor general found in a report last year.

A spokeswoman for the minister of agriculture said the program is under review.

"This program's parameters include an audit to ensure that provincial tobacco licences have not been issued to participants," Meagan Murdoch said in an e-mail.

"If the audit shows that any recipients violated any of these terms and conditions, they will be forced to repay the full amount with interest."

It's the 14th year that the federation has handed out the awards, nicknamed the Teddies after a bureaucrat infamous for extravagant expense claims.

The awards are gilded pig statuettes, awarded in four categories: municipal waste, provincial waste, federal waste and lifetime achievement.

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China asks for 'dialogue' over trade measures

Beijing. Commerce
minister reacts to
U.S. decision that
allows tariffs

China's commerce minister criticized new trade enforcement measures approved by the U.S. Congress as a violation of free trade, but acknowledged Wednesday that some local Chinese authorities might be improperly subsidizing exporters.

Chen Deming said Beijing is committed to following World Trade Organization free-trade principles, but insisted it is not bound by the laws of individual countries.

"The recent move by the U.S. Congress is not consistent with U.S. laws and WTO rules," Chen said at a news conference during the annual meet-



Chen Deming
VINCENT THIAN/THE ASSOCIATED PRESS

ing of China's legislature.

The U.S. House of Representatives approved a measure Tuesday affirming the powers of the Commerce Department to impose higher duties on goods from China and other state-dominated economies

that subsidize exports. The Senate approved the measure Monday.

The measure is a response to a U.S. court ruling in December that Commerce lacked the authority to impose such duties. The bill would ensure that 24 existing tariff orders — 23 of them directed at Chinese subsidies — and six pending investigations remain valid.

Chen appealed for a "heart-to-heart dialogue" with the United States over what constitutes a subsidy, noting that Washington provided aid to American automakers following the 2008 financial crisis.

"The Chinese central government has no prohibited subsidies provided to economic entities," Chen said. "But China is a big country. At some regional or subnational level there might be some subsidies that might be problematic."

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HE SAYS...
John Mazerolle
metronews.ca/hesays

Backpackers must never show weakness.

When trekking through foreign lands, as I plan to in September, you must make it clear to fellow adventurers that you

have travelled much farther, experienced far more and appreciated it all on a far deeper level than they could ever know.

Furthermore, you must make it clear that, though your experiences would thrill and delight the average middle-of-the-pack backpacker, to you it was a bit of a bore.

If a fellow traveller saw the village church, you went inside and had a spiritual moment. If he went bungee jumping, you went skydiving. If he climbed Mount Everest, you reached the summit with a really tall Sherpa and then stood on his shoulders.

Of course, we're all bluffing, and couldn't imagine a week-end without beer, let alone a few days without water. But all backpackers do this. It's just the way things are done.

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If I'd shown my ignorance, I could have lost my backpacker cred, had my hostel card ripped up and been stripped of my blister strips.

I know it makes me seem like a fool, but it's the same in hostels worldwide. So don't feel guilty, fellow bluffers.

Condescending tone aside ...

If we were to talk about how scared we were on our journeys, or how ill-prepared, or how we really just spent the last week going to bars, ogling women and demonstrating the medicinal powers of cheap whiskey, well, the whole backpacking system would fall apart.

kind of pathetic.

So remember, the important thing is to share your stories and listen to your fellow travellers, speaking in a condescending tone one might use with a clever dog. "Oh, you went THERE. Good for YOU. That's really GREAT."

And, barring that, just remember the greatest travel quote ever, as penned by novelist Robert L. Coburg. I'd rehash it here, but you know what it is. Of course.



One unwritten rule of the backpackers' road: bluff. TORSTAR NEWS SERVICE

The female Arnolds



MARTIN SCHOELLER/WWW.PONDPRESS.COM

The women

Online buzz for bodybuilders

NEW YORK. German-born, N.Y.C.-based photographer Martin Schoeller shot the ladies of the Olympia bodybuilding competitions years ago, for a book.

But this week, they went viral. "I wanted to get behind the bodybuilder's mask, behind the profession and bring out the person beneath everything," he says. **MWN**

Generating



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Martin Schoeller
N.Y.C.-based photographer

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Why people forwarded it ...

NEW YORK. Hot aggregation sites like buzzfeed.com are on constant lookout for photo essays of the weird and wonderful.

These photos got thousands of hits there and on the Huffington Post for the same reason Schoeller started the project. "I thought to myself, 'Why would anyone possibly want to look like that?'" he says. **MWN**

Criticism

... and why people got mean

NEW YORK. Though Schoeller is grateful that the project is getting attention almost four years after publication, he was especially shocked by negative comments online.

"People were hateful to these women. I knew there would be controversy, but I didn't expect that. Our notions of what is beautiful are so narrow."

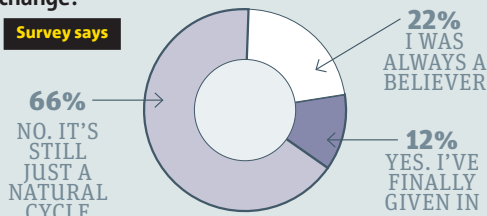
MWN



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Has the mild winter made you believe in climate change?

Survey says



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TRAVELLING AMONG THE BLUFFS



HE SAYS...
John Mazerolle
metronews.ca/hesays

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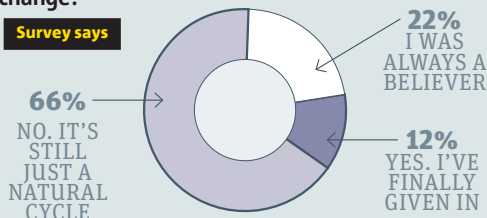
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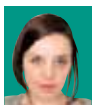
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Basement Artists hosts local talent. DAVE VILLENEUVE

Artists and art lovers mingle in Basement

Go local. Ottawa artist aims to give other up-and-comers the resources they need to succeed in art world



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

This weekend you have the chance to check out some truly unique art by some of the region's most talented

up-and-coming artists at the monthly Basement Artists show.

Local artist Marcus Lamoureux created Basement Artists, a volunteer organization that brings together people who may not otherwise actively participate in Ottawa's art scene.

It started a few years ago as a small, one-off show at Zaphod's. Lamoureux says owner Eugene Haslam was one of the first people to get behind him and has always been supportive of his art.

"Eugene was the first to say 'I like what you're doing,'" he says.

Dozens of shows later, Basement Artists now hosts an event every month, alternating venues between Zaphod's and Babylon Nightclub.

The goal, Lamoureux says, is to help out the local art community and provide resources to up-and-coming artists and artisans.

"We do it as a collective, as a huge group, and we want artists to learn as much as they can," he says.

But Lamoureux says it's not enough. "I'd like to do a lot more for them," he admits. "There are a lot of talented people out there."

Eventually, he wants to

turn Basement Artists into a non-profit organization that becomes the go-to point for local artists looking for help, whether it's building a portfolio, finding funding or creating a website.

"I'm trying to teach them how to be a little bit more professional, even though we're all amateurs," he says.

More than 20 local artists and artisans will be showcasing their art at the Basement Artists show at Babylon Nightclub (317 Bank St.) on Saturday from 7 p.m. to 10 p.m. And, catch live music by Bearshark, Jen Baranick and Bill Bones.

What else is going on?

- **Friday night, you can make dreams come true at Making Wishes Fly.** The event is being held at My Condo (34 Clarence St.). Tickets are just \$10 for this Pan Am-themed charity event that aims to capture the glamour of 1960s air travel.
- **The event features games, raffles and prizes.** Proceeds go to the Children's Wish Foundation of Canada. Doors open at 7 p.m.



SCENE



In brief

Bieber's mom gets book deal

Justin Bieber's mom is going to get the chance to tell her version of the story of her son's rise to pop superstardom. Pattie Mallette has signed a deal with Revell Books to publish her memoir, *Nowhere But Up: The Story of Justin Bieber's Mom* is slated for release Sept. 18, and will include a foreword written by Bieber himself.

On the Web



Calling TV stupid makes you seem smart. Why does TV still invite disrespect?

JOHN HAMM, JON HATH, HILL, GISELE, PEGGY (COURTESY OF METRO NEWS)

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☐ Kids.
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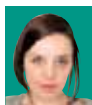
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TV. GCB brings Southern sass and big hair to the small screen

AMBER
RAY

Metro World News in New York

Despite the saying, you can go home again — especially if your swindling financier husband dies in a freak accident with his mistress, leaving you with absolutely nothing. In that case, things are different.

Really different, actually, as former mean girl Amanda Vaughn learns when she moves with her kids into the house of her Dallas socialite mother in the new soap “GCB,” which premiered Sunday night on CTV.

Played with plucky resolve by Leslie Bibb, Amanda finds the queen bee crown she once wore usurped by a former rival (Kristin Chenoweth), who is now hell-bent on exacting revenge.

“She was pretty horrific,” Bibb says of her character.



Leslie Bibb HANDOUT PHOTO

“High school is ... like a shark tank. She’s now looking at everything being slapped in her face, [people] saying, ‘You were awful. You did this. You did this.’ So it’s a constant realization of what she used to be.”

How Amanda will convince her former classmates that she’s changed in the last 20 years is where the juicy drama of GCB lies.

GCB what?

GCB stands for Good Christian Bitches — the title of the Kim Gatlin book on which the series is based.

- “The term GCB is a phrase that these women in Texas refer to themselves as, you know, it’s their own phrase,” executive producer Robert Harling reasons. The term, he says, is not meant to offend.

- “The characters ... are all motivated by a real sense of goodness,” says Harling, who wrote about another group of strong-willed Southern women in Steel Magnolias. “The goal is to watch people try to be good. I know I screw up all the time. And sometimes it’s funny. Sometimes it’s sad. ... But within those parameters, we will never ever, ever be disrespectful.”

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Fran Drescher’s real life inspires oddball sitcom

Happily Divorced.
Series based on comedian’s offscreen divorce to Hollywood ex-husband

MEREDITH
ENGEL

Metro World News in New York

In the penultimate episode of Happily Divorced last season, Fran Drescher’s character sleeps with her ex-husband, who in the pilot episode came out of the closet.

As the comedy series is based on Drescher’s own life, we had to ask: was that rendezvous inspired by true events?

“No, once we divorced we never got drunk and had sex,” she says of her ex, Peter Marc Jacobson, adding her trademark laugh.

Though their romantic relationship ended after 21 years of marriage, the two, who co-created the 90s hit television show The Nanny, still maintain a close bond.

They are now working together on the second season of Happily Divorced, which premiered its new season this week.

Drescher tells Metro World News that we’ll see her character, also coincidentally named Fran, finding herself “more and more as an independent single woman” and also get introduced to some secondary characters.

“We’re gonna meet some of [the character] Peter’s family,” Drescher says. “Peter’s got a brother, [which] was how I actually met my ex — I met the brother first, and we were

supposed to go out and then he couldn’t go, so he asked if Peter could take me on the date. And then Peter and I ended up falling in love. But now, all these years later, Peter comes out to his brother, and his brother’s now divorced, and we’re divorced, so he asks me out on a date [on the show].” Drescher says.

We’ll also meet Fran’s loving parents, as well as see more of her best friend Judi: “she’s got a lot more to do in this season.”

And while the show is a comedy, deeper feelings and life lessons are at the crux of it.

“The shows themselves are coming out so good and so funny and so full of pathos and healing and laughter,” Drescher says of the series’ cathartic qualities. “We’re very proud of this second season.”

No canned laughs

Fran Drescher takes a unique approach to her sitcom, Happily Divorced.

- Like The Nanny, Happily Divorced is filmed in front of a live studio audience. Drescher wouldn’t have it any other way.
- “I think with a comedy, it’s nice to hear the laughs. It helps bring the energy up,” Drescher says.
- “You feel the energy of the audience and their laughter. And that really helps the show have a performance level that seems to work well and get the home viewers energized,” she added.



Fran Drescher GETTY IMAGES

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Drinking while pregnant? Meatball problems



Snooki GETTY IMAGES

Jersey Shore star Nicole "Snooki" Polizzi has taken to the cover of *Us Weekly* to announce what everyone already knew: that she's pregnant and engaged. "I have different priorities now," Polizzi says. "I don't care what anybody else thinks. As long as I know I'm ready and (fiancé

Jionni LaValle) is ready." The reality star admits that discovery of her pregnancy — right after New Year's — caused a moment of panic. Her first thought? "S—, I've been drinking," she says. "I was worried. It was New Year's Eve and we were in Vegas, so I did go crazy." **METRO**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Fashion magazine covers

Doin' the bump



THE WORD
Dorothy Robinson
scene@metronews.ca

As a fellow pregnant lady, I'm all for Jessica Simpson posing on the cover of *Elle* magazine while hoisting around a fetus. Yay for the miracle of life and all that.

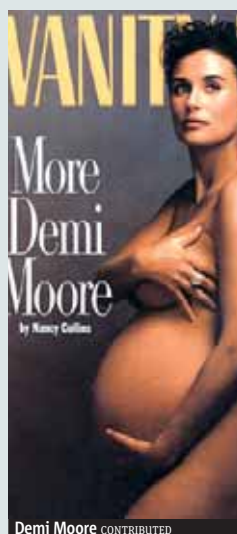
But why oh why did she have to do it naked?

With the exception of Demi Moore's famous 1991 nude pregnancy photo for *Vanity Fair*, which set the bar for pregnancy photo shoots, why have any of these stars shown off their naked bellies on magazine covers?

It's as though these magazines — and starlets — need to flaunt the skin, just so you won't mistake them for being, well, fat.

Because a woman with actual curves on a fashion magazine? What a crazy concept!

But perhaps I'm wrong and am just being a prude. What do you think of the omnipresent naked pregnant celebrity cover trend? Do you want more naked bump in your life or do you prefer your pregnant celebrities lookin' good, but with maybe a shirt on?



Hewitt likes her boobs

Jennifer Love Hewitt has something in common with her fans when it comes to appreciating certain parts of her anatomy.

"It's horrible to say, but I like my boobs," the former *Ghost Whisperer* star tells *Maxim* magazine when asked what body part she is most proud of.

"They've always served me well. They're good." Well, maybe they haven't served her that well recently, the currently single Hewitt admits: "It might sound so stupid, but guys do not hit on me," she says. "I'm not really sure why."

METRO



Jennifer Love Hewitt GETTY IMAGES

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No grandma, I don't think you're ready for bikini season



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Just realized I know all the words to Whitney Houston's "How Will I Know?" Closest I'll ever come to being Jason Bourne.



@AlbertBrooks

If I were president I would allow poor people to drink 1% milk.

Ricci talks about adversity

Christina Ricci reveals that her teenage struggle with anorexia — and the unplanned revelation of it at the time — helped make her the person she is today. "Somebody actually found out about it and outed (me) while I was recovering," she tells *Marie Claire* magazine. "It was a horrifying thing to do to a 14-year-old trying to cope with a devastating illness. And, out of rage, I vowed that no one would ever be able to

out me for a secret again. So I was going to be completely honest in the rest of my life. I don't want to be hurt in that way again." As for the eating disorder itself, Ricci says the pressures of being an actress at that age had a lot to do with it. "I think it's just really awkward to go through puberty, and go through growing up and becoming a woman, when everybody is always kind of looking at you," she says. **METRO**

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Drinking while pregnant? Meatball problems



Snooki GETTY IMAGES

Jersey Shore star Nicole "Snooki" Polizzi has taken to the cover of *Us Weekly* to announce what everyone already knew: that she's pregnant and engaged. "I have different priorities now," Polizzi says. "I don't care what anybody else thinks. As long as I know I'm ready and (fiancé

Jionni LaValle) is ready." The reality star admits that discovery of her pregnancy — right after New Year's — caused a moment of panic. Her first thought? "S—, I've been drinking," she says. "I was worried. It was New Year's Eve and we were in Vegas, so I did go crazy." **METRO**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Fashion magazine covers

Doin' the bump



THE WORD
Dorothy Robinson
scene@metronews.ca

As a fellow pregnant lady, I'm all for Jessica Simpson posing on the cover of *Elle* magazine while hoisting around a fetus. Yay for the miracle of life and all that.

But why oh why did she have to do it naked?

With the exception of Demi Moore's famous 1991 nude pregnancy photo for *Vanity Fair*, which set the bar for pregnancy photo shoots, why have any of these stars shown off their naked bellies on magazine covers?

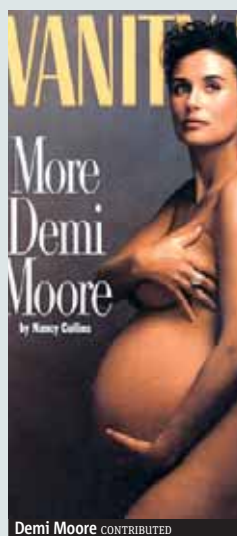
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Jessica Simpson CONTRIBUTED



Demi Moore CONTRIBUTED

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It had been a rainy season in the city of lights, and inside the packed houses of Paris Fashion Week style continued to take front-line fashionistas by storm

KENYA HUNT AND RICHARD PECKETT
life@metronews.ca

1



Givenchy

Riccardo Tisci's show, always one of the most hotly anticipated on the Paris calendar, didn't disappoint with a collection inspired by the equestrian world and the '70s work of photographer Guy Bourdin.

Forget the sexless tweedy hunting set; Tisci's horsey theme was racy with an S&M sensibility.

4

shows that rocked the Paris runways

Kenzo

It's no easy task to impress hundreds of soggy, cranky fashion editors who schlepped through the rain to a far-out part of Paris to see a 15-minute show.

But that's what Humberto Leon and Carol Lim did for their second collection as creative directors of Kenzo.

The collection was just as fun as the show experience itself, featuring clothes that struck the right balance between creative, original and wearable. There were tailored and knit separates in autumnal florals and grapes; silk jumpsuits in vaguely Asian silhouettes; skirt and trouser suits in a mash-up of graphic combos — the list goes on.



Louis Vuitton

Marc Jacobs chose to summon up a bygone era of luxury travel for his Louis Vuitton show. The large, flamboyant hats were back, only slightly more refined. Same with the embroidered jackets, dresses and coats that the models wore layered over long skirts and wide, cropped pants. Unconventional, yes. But don't be surprised to see outsize layers trickling down to the high street come next season.



Yves Saint Laurent

Stefano Pilati bade farewell to the infamous Parisian fashion house after a 10-year tenure. There were no tears, just a collection of chic, predominantly black silhouettes that referenced the house's '70s and '80s eras. The macabre colour palette, cinched waists, sizeable lapels, wide shoulders and sharp tailoring marked what could be regarded as a somber day for Pilati.

However, the leather tunic tops, trousers and chainmail dresses redolent of strength and resilience were lightened in mood with the introduction of an embroidered calla lily.



Fashion at your front door

You've got mail!

Founded in Germany, GLOSSYBOX is a monthly subscription beauty service that is making its Canadian debut. Each month, members receive five luxury cosmetics wrapped in the company's signature powder-pink box. At \$15 a month, GLOSSYBOX provides its clients with new beauty trends and products and a fashionable way to store their ever-growing beauty collection.

Find out more at
glossybox.ca.

On the Web

Chanel, Alexander McQueen entice fantasy of ice and feathers at Paris ready-to-wear shows.

J.A. Laporte Flowers & Nursery

IS LOOKING FOR HARDWORKING INDIVIDUALS FOR FULL AND PART-TIME EMPLOYMENT FOR SPRING 2012.

Positions include labourers, people to water, delivery personnel and cashiers. Applicants must be available to work some evenings and weekends throughout the months of April, May and June.

An employment seminar will be held on Saturday, March 10, 2012 at 1211 Old Montreal Rd., in Orléans, between the hours of 9:00AM to 2:00PM. No experience necessary.

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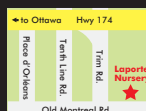
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core wrapped in a layer of rich, polymer-coated pigments, so the finish and hue stay true on you. Shown: Decadent Fig and Cheating Heart, \$34 each, at Estée Lauder counters.

Flirty at 50

High Tech

Lancôme Visionnaire Advanced Skin Corrector serum takes aim at wrinkles, pores and uneven skin tone with retinol-like effectiveness, and none of its irritating downside. No parabens, either! \$100, lancome.ca

Spark Plug

According to Vichy Laboratoires, 10 years of research has led them to a specific layer of cells responsible for skin regeneration, and a plant sugar that speaks directly to it in an encouraging, get-to-work way. LiftActiv Derm Source is also paraben-free. \$45, vichy.com

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The fabulous 40s

Salt Springs

Re-launched in Canada, Ahava looks to Dead Sea minerals, such as calcium, magnesium, potassium and sodium, to boost skin's health. Paraben-free Age Control Intensive Serum also has fruit acids and water-binding agents to smooth and brighten. \$75, ahava.com

Reactivation Cream employs an extract from a hardy flower that can withstand drought conditions. The rich formula also calls on skin-softening glycerin, cocoa seed and shea butters — and ignores parabens. \$63, kiehl's.ca

Double Kiss

Play up naturally gorgeous lips. Estée Lauder Pure Color Sensuous Rouge Lipcolor has a glossy conditioning

Cold Snap

To help skin recover from winter aggression, Kiehl's Rosa Arctica Rehydration

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Create an accent wall with a bright, cheery pattern. iSTOCK

Freshen up for spring with some new wall designs and colours

DIY Ideas. Painting with templates is a fun and inexpensive way to update the look of your home

If you're looking for a fun DIY activity over the March break, painting with templates is a great place to start. Sweat Equity host Amy Matthews helps homeowners determine which home improvement projects will return the most bang for their buck and a fresh new wall design is sure to create a stylish and updated look.

Brainstorm

Painting with templates is an emerging decorating trend that offers a great deal of versatility. A border pattern can be applied to a kid's room, an accent wall

to a bedroom or a mural created in a living room. There are many types of stencils to choose from including plastic and cardboard varieties as well as removable wall stickers for a simpler option. Plastic stencils are washable and reusable after paint is applied whereas cardboard varieties eventually need to be replaced; keep this in mind if you plan on creating a larger border. The variety of fun designs available at craft and home décor stores allows for a truly personalized creation.

Getting started

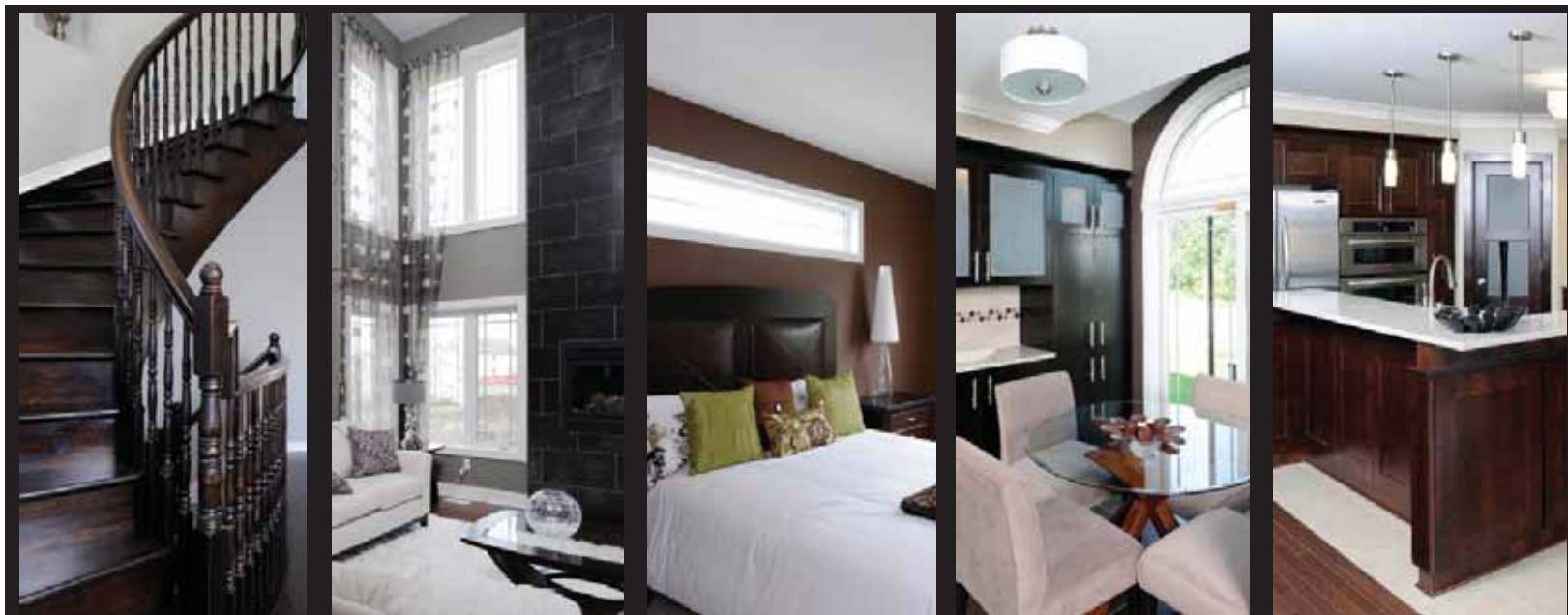
Explore colour combinations on a sample area. Smooth walls will produce crisp designs so it is always a good idea to ensure that they are clean, dust-free and in good condition before applying the pattern. Any chips can be filled, primed and painted prior to stenciling. Flat paint

is recommended over semi-gloss so that the stencil pattern adheres more readily.

Painting advice

It is best to use a "drybrush" technique when working with stencils. This means using a paint brush that is relatively dry but still holds paint. If using a roller, roll it over the paint until mostly absorbed and then blot off any excess paint. Foam rollers work better than fluffy rollers. Always use light to medium pressure when painting over a stencil as excessive pressure may cause paint to bleed. A second coat can always be applied if desired. Attach stencils to the wall using painter's tape and a leveler. Once paint is dry to the touch, carefully remove the stencil.

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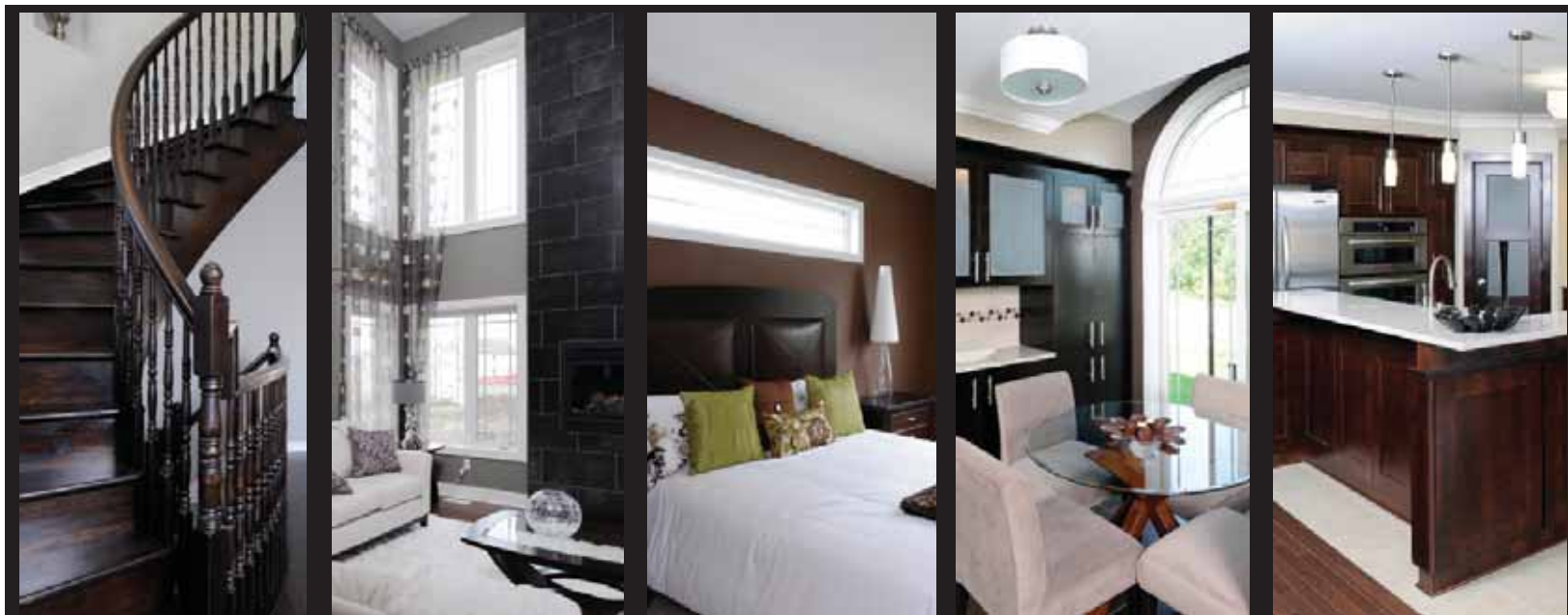
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This ain't your grandma's wallpaper, baby

Old made new.

Wallpaper isn't just something you change on your cellphone every other day. Stick some on your wall too.

CHRISTINA
WALLACE
life@metronews.ca

Forget everything you already know about wallpaper, because it's no longer a stuffy, dated eyesore from the '70s.

Top designers, including Back Bay interior designer Allison Sheffield, are using it in creative new ways to breathe fresh life into the historically staid wall covering.

Sheffield spoke with Metro about new trends, the best rooms to use wallpaper

in and how to decorate without breaking the bank.

1. The first step in using wallpaper in your home is realizing it doesn't have to be a permanent commitment, says Sheffield.

"I grew up with a mom who knew how to wallpaper. I never saw it as permanent."

2. Ease yourself into it by focusing on a small room, such as a powder room, or

A little goes a long way

"Doing one wall seems less daunting, or using it in a powder room is [very impactful]. It doesn't take a lot of expensive paper to make a big impact."

Back Bay interior designer
Allison Sheffield



Are you a decor commitment phobic? Try removable wallpaper. iSTOCK

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Banking can be this comfortable



an accent wall.

"Doing one wall seems less daunting, or using it in a powder room is [very impactful]. It doesn't take a lot of expensive paper to make a big impact."

Wallpapering an accent wall can take the place of an expensive piece of art to draw the eye to a focal point in the room, says Sheffield. Wallpapering a ceiling is also an option, she says.

"Wallpapering the ceiling in a powder room makes it seem like you are walking

into a jewel box."

3. Scraps of wallpaper can be used to line bookshelves or to highlight mouldings or woodwork.

If you're still not convinced, many reputable companies are now selling removable wallpaper people can easily hang themselves without the help of a professional.

"If you are renting or don't have the budget to spend a lot on nice paper, it is perfect," says Sheffield.

¹Subject to approval. Conditions apply. ®/The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

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Making classic butter chicken is easier than you may think

Butter chicken is an Indian staple that has become popular in North America.

Ingredients

4 portions
Preparation: 20 minutes
Cooking: 40 minutes

- 2 lbs. (1 kg) boneless, skinless chicken thighs, cut into bite-sized pieces
- 3 tablespoons (45 ml) tandoori masala
- 1 tablespoon (15 ml) garlic ginger paste
- 1/2 cup (125 ml) plain yogurt
- 3 (14-ounce/398 ml) cans diced tomatoes
- 1 teaspoon (5 ml) garam masala
- 1/2 teaspoon (2 ml) paprika
- 1 cup (250 ml) light cream (20%)
- 2 tablespoons (30 ml) grated palm sugar or soft brown sugar
- 3 tablespoons (45 ml) chilled ghee
- 1/2 teaspoon (2 ml) salt
- 2 tablespoons (30 ml) chopped fresh cilantro

However, many people are intimidated by what goes into making the delicious dish.

In her book, *My Cooking Class Indian Basics*, Jody Vassallo offers this step-by-step version to make it simple.

The dish is very rich so you may want to leave out the ghee at the end if you would like to reduce the amount of fat. You can also marinate the chicken overnight for a more intense flavour. Make sure you grill the chicken until it blacks slightly, Vassallo advises.

1 Preheat a grill. Put the chicken in a bowl, add the tandoori masala, garlic-ginger paste and yogurt and mix well, until the chicken is coated.

2 Arrange the chicken in a shallow baking dish and cook under the hot grill until tender.

3 Remove the chicken from the dish and set aside.

4 Pour the juices from the baking dish into a pan

Butter Chicken



This recipe serves four. JAMES LYNDSEY, FIREFLY BOOKS 2011

and add the tomatoes, garam masala, paprika, cream and sugar.

5 Bring the mixture to a boil and cook over high heat for 10 minutes, until the sauce

is thick and creamy. Add the cooked chicken, the ghee and salt and simmer for 3 minutes, until the ghee melts and the chicken is heated through.

6 Sprinkle the cilantro on top and serve with lime wedges and freshly cooked rice. **RECIPE USED WITH PERMISSION FROM INDIAN BASICS: 82 RECIPES ILLUSTRATED STEP BY STEP BY JODY VASSALLO; FIREFLY BOOKS 2011 (\$24.95 PAPERBACK)**

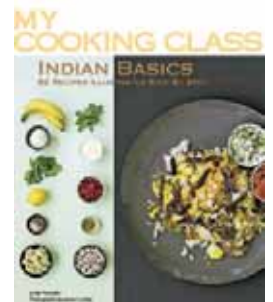
Cookbook of the Week

Indian Basics: 85 Recipes Illustrated Step by Step

Ever wanted to try cooking an Indian meal but felt intimidated by ingredients or the cooking process?

In her book *Indian Basics 85 Recipes Illustrated Step by Step*, author Jody Vassallo visually guides the reader through every step of preparing an Indian meal.

Each recipe begins with a photo that displays the ingredients. Next, detailed, start-to-finish sequential pictures, accompanied by concise text, demonstrates the steps necessary to complete the dish. **METRO**



Gluten & lactose-free tandoori

1 In sauté pan, heat 15 ml (1 tbsp) of oil over medium heat. When oil shimmers, reduce heat to low and add onion, garlic, salt, cardamom, cayenne, turmeric, cumin, mace, mustard, cinnamon, nutmeg and pepper. Cook, stirring occasionally, 10 mins.

or until onion begins to turn translucent.

2 Transfer to blender. Add coconut milk and lime juice. Blend 1 min. until smooth. Coat both sides of each chicken breast with spice mixture. Place chicken breasts flat on a

plate, cover with plastic wrap and refrigerate for 30 minutes.

3 Use remaining oil lightly coat a 25-by-20-cm (10-by-8-inch) baking or roasting pan. Place chicken breasts in an even layer in pan. Broil on rack in middle of the oven for

10 minutes, then turn chicken pieces over. Broil for 8 to 10 minutes longer. Remove from oven and serve immediately.

THE INTOLERANT GOURMET BY BARBARA KAFKA (ARTISAN, 2011)/ THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS (FOR MORE VISIT, EMILYRICHARDSCOOK.CA)

Chicken Breast Tandoori Ingredients

- 22 ml (1 1/2 tbsp) canola
- 1 onion, finely diced
- 3 cloves garlic, thinly sliced
- 5 ml (1 tsp) kosher salt
- 2 ml (1/2 tsp) ground cardamom
- 2 ml (1/2 tsp) cayenne pepper
- 1.5 ml (1/3 tsp) turmeric
- 1 ml (1/4 tsp) ground cumin
- 1 ml (1/4 tsp) ground mace
- 0.5 ml (1/8 tsp) each dry mustard, cinnamon, nutmeg, black pepper
- 22 ml (1 1/2 tbsp) coconut milk
- 7 ml (1 1/2 tsp) lime juice
- 4 boneless, skinless chicken breasts (255 to 285 g/9 to 10 oz each)

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SPECIAL INFORMATION FEATURE

Jumbo-sized tribute



JEFF
O'REILLY
For Metro

Beer. Live life large with Railway City Brewing's Dead Elephant India Pale Ale

Before television, the Internet and instant access to answers for almost every question imaginable, just the opposite was true.

Outside of books, you didn't seek out the strange and unusual, it had to come to you. In the late 1800s, the Greatest Show on Earth was the Ringling Bros. and Barnum & Bailey Circus and the star of the show was Jumbo — the world's largest elephant.

In a time when the biggest animal you may see was possibly a horse — a chance to see the largest land animal on the planet would have been a pretty amazing spectacle. Said to stand four metres tall and weigh more than 5,800 kilograms, Jumbo's name may have been a variation of the Swahili word "Jumbe" (chief), but the word now is synonymous with extreme largeness (i.e. jumbo jet).

Born in 1861 in French Sudan, this large African bush elephant was brought to the Paris Zoo, then transferred to the London Zoo, where Jumbo became a popular favourite. And even after a reported 100,000 children wrote the Queen begging her not to sell this beloved elephant, P.T. Barnum purchased Jumbo for \$10,000 and took this prestigious pachyderm on the road, making him the star attraction.

It is said that on a fateful day in September 1885, in the tiny southwestern Ontario town of St. Thomas, that when the show's other 27 elephants had been led to their railway



Dee presents Railway City Brewing's Dead Elephant IPA on tap at the Arrow & Loon. JEFF O'REILLY/FOR METRO

cars to head to the next town, only Jumbo and a tiny young circus elephant, Tom Thumb, remained for the last rounds of applause under the "Big Top." An unscheduled express train came hurtling down the tracks as Jumbo was leading Tom to safety through the busy railway terminal, killing the tiny elephant immediately. The train then derailed, taking out

Jumbo with a fatal blow.

Today, there is a life-sized statue of Jumbo in the town to commemorate the events of that day and St. Thomas' Railway City Brewery pays tribute to this legend with its Dead Elephant IPA.

Dead Elephant India Pale Ale (6.5 per cent, alcohol by volume, LCBO 473ml can \$2.75) pours with a bright,

golden honey colour with fluffy white head. Grainy and bready malts and floral hops precede pine resin, bright citrus, caramel and biscuit notes with a creamy, buttery mouth feel and a pleasantly soft bitter finish. This is a nice interpretation of the style — accessible and easy to have a couple in one sitting.

Live life large and enjoy!



Le Migneron De Charlevoix, Maison d'Affinage Maurice Dufour.

VANESSA SIMMONS/FOR METRO

Cheese choice. Let the sun shine on Migneron



CURD ON
THE STREET
Vanessa Simmons
For Metro

My cheese pick this week is the mighty Migneron de Charlevoix, one of Quebec's original artisan cheeses, produced in partnership with Laiterie Charlevoix, and industry pioneer, Maison d'Affinage Maurice Dufour, of Baie-Saint-Paul.

Migneron is unique in that the cheese is made at the dairy, and then ripened in Dufour's caves at another site, following European traditions of "affinage," where some would say the true artistry of cheese-making lies.

There is a lot going on with this semi-firm, washed-rind, cow's milk cheese. Migneron, with its sunny disposition, shines orange/tangerine/apricot hues from the thin rind outside of a soft, bone-coloured centre.

Aromas and flavours are just as pleasant: Mild and milky, lightly buttery, with a little bit of nut and cream all

Slice of info

More information about this week's cheese pick.

- **Cheese:** Le Migneron de Charlevoix
- **Producer:** Maison d'Affinage Maurice Dufour
- **Interesting Fact:** Washed rind cheeses age or ripen from the outside in, and the inside out, contributing to both the complexity of the aging process as well as the flavours and aromas of the cheese itself.

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I'm not surprised that, a decade after being crowned "the big cheese" or 2002 grand champion at the Canadian Cheese Grand Prix, Migneron remains a favourite in the hearts (and stomachs) of local caseophiles (cheese lovers), including mine.

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**FARM
TO FORK**
Maurice Hladik
For Metro

Fruit. Advancement in storage technology means we can enjoy fresh fruit all year long

Did you ever wonder why you can always find at least a half-dozen varieties of fresh apples, and the same for pears, at the supermarket all year in spite of the fact that the only harvest is the autumn?

Through advanced storage technology there are fresh Ontario apples in March, or later, which would have been a miracle only a few generations ago. The further good news is the fact that the "controlled atmosphere storage" utilized by the fruit industry involves no chemicals or other potentially harmful practices.

The technology involved utilizes the air we breathe, but with a twist. In a sealed storage facility, the oxygen



Thanks to advanced storage technology we can enjoy apples throughout the year, even though harvest time is in the fall. PHOTOS.COM/THINKSTOCK

level is reduced to near zero while the amount of nitrogen and carbon dioxide, which are natural components of air, are increased substan-

tially. Then, at a temperature a few degrees above freezing, the fruit is placed in a state of near suspended animation, minimizing the normal pro-

cess of ripening and deterioration through microbial action.

The fruit changes very little during the six or so

months since it was picked.

Then there are the excellent apple and pear growing areas of Chile, Argentina, South Africa and New Zea-

land in the Southern Hemisphere with their opposite growing seasons.

Thus, when our North American fruit is reaching the end of its shelf life, consumers have the choice of a fresh batch of apples and pears that will be available until the U.S. or Canadian autumn harvest.

For those concerned about food miles, Southern Hemisphere fruit of this nature is delivered in sealed and refrigerated shipping containers (a more controlled atmosphere) to relatively nearby ports.

It is well-documented that it takes very little energy to move a ton of freight, even several thousand miles by sea, and probably comes close to matching the energy required for several months of storage for North American apples and pears.

For consumers, there is the comfort that "fresh" apples and pears are available 12 months of the year with a minimum of concern for both the environment and adverse effects from preservatives.

MAURICE HLADIK IS THE AUTHOR OF DEMYSTIFYING FOOD FROM FARM TO FORK (FOODDEMYSTIFIED.COM).

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<p>Dole Pineapple Reg. \$2.99 ea Special Only March 9, 10, 11</p> <p style="font-size: 2em; font-weight: bold; color: red;">2 FOR 3.00</p>	<p>Asian Brown Pear Reg. \$1.29 lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">89¢ lb</p>	<p>Sweet Orange Reg. 99¢ lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">49¢ lb</p>	<p>Chinese Eggplant Reg. \$1.99 lb Special Only March 9, 10, 11</p> <p style="font-size: 2em; font-weight: bold; color: red;">89¢ lb</p>	<p>Fresh Pork Shoulder Butt Reg. \$2.19 lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">1.69 lb</p>	<p>Fresh Beef Short Rib AA Reg. \$4.99 lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">2.99 lb</p>	<p>Live Lobster Reg. \$9.99 lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">6.99 lb</p>	<p>Fresh Chicken Leg Boneless/Skinless Reg. \$4.29 lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">3.29 lb</p>
Frozen							
<p>Bok Choy Reg. \$1.09 lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">69¢ lb</p>	<p>Korean Cabbage Reg. 99¢ lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">59¢ lb</p>	<p>Sweet Potato Reg. \$1.29 lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">69¢ lb</p>	<p>Snap Bean Reg. \$1.79 lb Special Only March 9, 10, 11</p> <p style="font-size: 2em; font-weight: bold; color: red;">1.29 lb</p>	<p>Clean Tilapia 9lb Reg. \$12.99 / box</p> <p style="font-size: 2em; font-weight: bold; color: red;">9.99 box</p>	<p>Spring Rolls 25 x 40 pcs Reg. \$2.99 ea</p> <p style="font-size: 2em; font-weight: bold; color: red;">2 FOR 5.00</p>	<p>Frozen Goat in Cube Reg. \$4.89 lb</p> <p style="font-size: 2em; font-weight: bold; color: red;">3.99 lb</p>	

TEL: 613-830-8688

BUSINESS HOURS:
Mon to Thu 9AM - 9PM; Fri & Sat 9AM - 10PM;
Sun 9AM - 8PM

www.asiansupercentre.com

*While quantities last. Check price on store display tags in case of discrepancy due to printing error in the advertisement. Asian Supercentre reserves the right to limit quantities. No Raincheck.

An apple a day, and almost every day



**FARM
TO FORK**
Maurice Hladik
For Metro

Fruit. Advancement in storage technology means we can enjoy fresh fruit all year long

Did you ever wonder why you can always find at least a half-dozen varieties of fresh apples, and the same for pears, at the supermarket all year in spite of the fact that the only harvest is the autumn?

Through advanced storage technology there are fresh Ontario apples in March, or later, which would have been a miracle only a few generations ago. The further good news is the fact that the "controlled atmosphere storage" utilized by the fruit industry involves no chemicals or other potentially harmful practices.

The technology involved utilizes the air we breathe, but with a twist. In a sealed storage facility, the oxygen



Thanks to advanced storage technology we can enjoy apples throughout the year, even though harvest time is in the fall. PHOTOS.COM/THINKSTOCK

level is reduced to near zero while the amount of nitrogen and carbon dioxide, which are natural components of air, are increased substan-

tially. Then, at a temperature a few degrees above freezing, the fruit is placed in a state of near suspended animation, minimizing the normal pro-

cess of ripening and deterioration through microbial action.

The fruit changes very little during the six or so

months since it was picked.

Then there are the excellent apple and pear growing areas of Chile, Argentina, South Africa and New Zea-

land in the Southern Hemisphere with their opposite growing seasons.

Thus, when our North American fruit is reaching the end of its shelf life, consumers have the choice of a fresh batch of apples and pears that will be available until the U.S. or Canadian autumn harvest.

For those concerned about food miles, Southern Hemisphere fruit of this nature is delivered in sealed and refrigerated shipping containers (a more controlled atmosphere) to relatively nearby ports.

It is well-documented that it takes very little energy to move a ton of freight, even several thousand miles by sea, and probably comes close to matching the energy required for several months of storage for North American apples and pears.

For consumers, there is the comfort that "fresh" apples and pears are available 12 months of the year with a minimum of concern for both the environment and adverse effects from preservatives.

MAURICE HLADIK IS THE AUTHOR OF DEMYSTIFYING FOOD FROM FARM TO FORK (FOODDEMYSTIFIED.COM).

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Special Only
March 9, 10, 11

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Make the most of your break

ASTRID
VAN DEN BROEK
For Metro

Ideas. Keep your kids busy with a variety of fresh activities during your week off

Looking to shake things up this March break? If you are looking for fresh ideas on what to do with the kids this coming week, here are six activities to try.

COOK TOGETHER

Improvise dinner by grabbing a globe. No, really. Spin it, select a country and make a dish together from that country.

"So with your children you search for recipes, shop and cook the meal together," says Tracie Wagman, the Toronto-based publisher of Help! We've Got Kids.

Or Wagman suggests staging some cupcake wars: Invite your child's friends over and divide the group into two teams.

Each team decides on what type of cupcake to make, and



Maybe stage cupcake wars by inviting your child's friends over. STEVE RUSSELL/TORSTAR NEWS SERVICE

decorates it and judges determine the winner.

TEAM UP

Melanie Rose, a Toronto-based mom of two children, has connected with three other mothers to create "Mommy Camp."

"Each mom takes all three girls for one day and we spend the last day as a group. Each day we exposed the

girls to different experiences chosen by the day's mom," she says. "Last year's highlights included yoga in the park, a visit to the textile museum, pedicures and painting with chocolate."

GET OUTSIDE

"If the weather's nice, I like taking my kids to parks or zoos," says Wagman. But make it interesting and by-

pass the park you hit all summer. "Go on the Internet and pick one with the kids. Then you map it out together and explore," suggests Wagman.

THINK CHARITABLY

If you have older children, get them to declutter their stuff. But make it fun. If you have reluctant donors on your hands, you could offer them a trade: 10 of their toys to



Or check out a local zoo. TORSTAR NEWS SERVICE FILE

donate for one new one, says Wagman.

Or you could help your child organize a toy drive in the neighbourhood. Invite friends and neighbours to collect items that you and your child can help organize and donate to a charitable organization they choose.

TAKE ADVANTAGE ...

... of deals you can't normally score during the weekday. March break tends to feature lots of local theatre shows and afternoon movie showings at

cheaper matinee prices.

CREATE YOUR OWN REALITY SHOW

If you have a Nintendo Wii system or an Xbox, fire up your dance-themed video games to stage your own So You Think You Can Dance, suggests Wagman.

Invite your children's friends over to compete in the dance games, complete with judges ranking the dancers. End the day with the group choreographing its own number.



March Break Service

March 12 - 16



With schools closed and many people on holidays, which results in a lower demand for service, a reduced weekday schedule will operate during March Break.

Bus arrival times will be adjusted slightly on most routes compared to the usual weekday schedule. During rush hours, most routes will have one or two fewer trips. All school routes numbered in the 600s and special school trips on regular routes will **not** operate.

O-Train service and service to post-secondary institutions will be unchanged.

March Break schedules are available at octranspo.com. You can also find out when your bus will arrive by calling **613-560-1000** or **texting 560560** plus your 4-digit bus stop number.

INFO 613-741-4390 octranspo.com

No reason for kids to be bored

Are you looking forward to March break? Chances are your child will say a definitive "Yes!" especially if they are off to a sunny destination. But if you are a parent stuck in town with no plans and a limited budget, figuring out how to entertain the little ones for a week or two can be exhausting.

Here are some ideas to kick-start your March break plans:

Go on a mini road trip. Visit a town that you are not familiar with and spend time walking around, taking in the sights, dining at local eateries, and meeting the people. It will be a refreshing change of pace and scenery for your family.

Visit your library. Your local library is a great resource for free family entertainment. Pick up a book to learn some arts and crafts, research fun recipes, borrow kid-friendly DVDs, or check if the library is running any special March break programs.

Kid swap. If your friend's kids are also stuck in town, arrange to watch them along with your own kids and then swap the next day.

That way you can get some much needed rest and relaxation. It's called March break for a reason.



Playing a board game is a great way for a family to spend time together during the March break. STOCKBYTE/THINKSTOCK

Board games. Remember what those are? Playing a board game is a great way to spend time together as a family and have face time. If your collection doesn't intrigue your kids, purchase a new game on which everyone can agree.

Give to a good cause. Serve others at a local food bank, soup kitchen, or seniors home. You can also donate to an organization like Christian Children's Fund of Canada (ccfcanada.ca), and help provide children in de-

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Before you know it, March break will be over and you will have some happy kids to show for it.

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NEWS CANADA

On feminism:

Jeanne: To me that whole idea of feminism, while it was such a godsend when we first caught wind of it or first started to really champion it in the '60s when I was growing up, now seems a little old-fashioned. Although, I'm not sure — what do you guys feel about that?"

Bekky: I think feminism is a very dangerous thing to define because the second you do, you start aggravating people who don't agree with your definition of it. (...) I don't know if it's a matter of feminism so much as recognizing the humanity of the person regardless of gender or sexual orientation.

Jeanne: I remember when I was even a bit younger than my girls are now and I was going to university or college and reading Germaine Greer's works, Gloria Steinem. (...) Everybody was just reading these works about (feminism) and what it meant, and how we had to start thinking. Then all of a sudden it just became part of the way I saw the world and part of my psyche and I would hope part of my whole generation's psyche.

On women's rights:

Bekky: It's always necessary to fight for whatever rights you can. I think that we have to defend ourselves. When people aren't paying attention to what their rights are, their rights are taken away from them. We're very fortunate to be living in Canada where (human rights) are less of an issue than in other parts of the world, but I think that gay rights and queer rights and trans rights and rights of these even more marginalized groups than women are what come to mind as being more important to fight for nowadays.

Jeanne: And we have special rights too. When I think of how, when I decided to have a baby all those years ago,

there was no such thing as a year of mat leave. Now it's thrilling that women have that option today — they certainly did not have it 20-odd

years ago when I was having my kids.

Lessons from motherhood:

Jeanne: I've learned that it's important to be very open-minded. I was a pretty open-minded individual but you have to be even more

open-minded. I feel I'm still learning not to be quick to judge, more tolerant. I think my kids just teach me to be a better person because

they've taught me a lot about unconditional love and the necessity of encouraging people to blaze their own trails and not follow in footsteps. The number one question that I absolutely detest is when people ask if my daughters are following my footsteps. What do you think, I've raised a couple of followers, I've raised a couple of wimps? Without question, my daughters are blazing their own trails as I feel that I did and would never want them to just be a second act in that way. They're an opening act for their own generation and hopefully one day maybe their own families.

On the Kardashians:

Jeanne: Oooooohh!

Joey: I don't know who they are?

Jeanne: We don't watch them at our house. We don't allow that.

Advice to women:

Bekky: Read books by women. (...) Figure out who you are and be proud of it. I think so many girls want to be someone else because it's easier and I think that denying the things you love is dangerous. Embrace what you need out of life.

Jeanne: I'd say go for it, be fearless, be tenacious, and to thine own self be true. Dream big, but work hard, and never give up.

Bekky: Always carry a pair of flats in your purse!

Jeanne: I never do!

Joey: I gave you those flats to carry and you put them in the basement!

Jeanne: The ones in my stocking? Were those from you?

Joey: Yes!!

Jeanne: I thought they were from Santa. I was looking for them, I'll take them to Paris.



STOREY WILKINS

JEANNE & HER GIRLS

To mark International Women's Day, journalist Brigitte Noel spent time speaking to Metro columnist Jeanne Beker and her daughters, Joey and Bekky, about feminism, motherhood, role models and more...

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1875

First graduate

Grace Annie Lockhart receives a bachelor of science and English literature from Mount Allison University.

1875

Medicine woman

Jennie Kidd Trout is the first woman in Canada to become certified as a physician.

1911

Worthy of celebration

In Austria, Denmark, Germany and Switzerland, more than one million women and men gather to celebrate the First International Women's Day.

1916

At the polls

Manitoba grants women the right to vote; Saskatchewan and Alberta soon follow suit. In 1918, the Canada Elections Act gives the federal vote to all women over the age of 21.

1925

Grounds for divorce

A change in the federal law makes it possible for women to seek divorce on the same grounds as men.

1929

Official persons

The "Famous Five"—Irene Parlby, Nellie McClung, Emily Murphy, Henrietta Muir Edwards and Louise Crummy McKinney—change Canada's definition of "person" to include women.

1954

Fair wages

The federal government declares its fair wages policy. In 1956, the Female Employees Equal Pay Act renders sex-based wage discrimination illegal.

1969

Right to choose

Under Pierre Trudeau's Liberal government, contraception is decriminalized and abortion becomes an option for some women.

1989

Life of the party

In the Yukon, New Democratic Party MP Audrey McLaughlin is elected the first woman ever to lead a national political party.

1991

Premier league

In British Columbia, Rita Johnston becomes the country's first female provincial premier, followed closely by Prince Edward Island's Catherine Callbeck, elected in 1993.

1992

Out of this world

Scientist Roberta Bondar is the first Canadian woman (and the second Canadian) to be launched into space.

1993

Like a boss

Progressive Conservative Party member Kim Campbell is sworn in as Canada's first (and to date, only) female Prime Minister.

ANI DIFRANCO

Grammy Award-winning feminist folk artist Ani DiFranco weighs in on why women compete against one another in the workplace. How can we address the issue? "With humour!" DiFranco tells Metro.

"WE HAVE TO RETHINK FEMINISM."

KAREN
WATSON

Metro World News in London

The prolific singer-songwriter Ani DiFranco is heralded as a feminist icon.

With more than 20 albums under her name, the Grammy Award-winner is best known for her audacious, outspoken songs about sexism, civil injustice and other social issues.

When Metro met her in London, we were greeted by a folk artist, with her unruly hair and knitted, woolen top, oozing a sense of inner strength and poise; she waxed lyrical on the big

Profile

- **Name.** Angela Maria DiFranco
- **Age.** 41
- **Occupation.** Singer-songwriter, guitarist
- **In the news.** Regarded as one of the more influential folk singer-songwriters of her generation, thanks to her energetic, politically charged sound.

ALLMUSIC.COM

question of women versus women at work.

Why do you think women are mean to each other?

I guess it has a lot to do with patriarchy, the underlying social structure of the globe, which tends to make women competitors for men. So I think patriarchy needs to be addressed for many reasons—that being just one.

In what way can it be addressed, do you think?

We have to rethink feminism. We have an outdated idea of what it is: a crusade for equal pay, safety on the streets, basic rights, etc. I think we need to understand feminism as a kind of prerequisite to healing all of our other social diseases.

Patriarchy is the elephant in the room we are not addressing politically.

And until we do I don't think we can experience human nature. It's sort of a lop-sided polarity of yin-yang.

How can we address it? With humour! (laughs)

We need to be kind and tolerant of each other, and realize that we're dealing with something that's bigger than all of us. We can all fall prey to it. Understanding that, we must struggle together as allies, male and female, to balance our society and cut each other slack along the way.



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1929

Official persons

The "Famous Five"—Irene Parlby, Nellie McClung, Emily Murphy, Henrietta Muir Edwards and Louise Crummy McKinney—change Canada's definition of "person" to include women.

1954

Fair wages

The federal government declares its fair wages policy. In 1956, the Female Employees Equal Pay Act renders sex-based wage discrimination illegal.

1969

Right to choose

Under Pierre Trudeau's Liberal government, contraception is decriminalized and abortion becomes an option for some women.

1989

Life of the party

In the Yukon, New Democratic Party MP Audrey McLaughlin is elected the first woman ever to lead a national political party.

1991

Premier league

In British Columbia, Rita Johnston becomes the country's first female provincial premier, followed closely by Prince Edward Island's Catherine Callbeck, elected in 1993.

1992

Out of this world

Scientist Roberta Bondar is the first Canadian woman (and the second Canadian) to be launched into space.

1993

Like a boss

Progressive Conservative Party member Kim Campbell is sworn in as Canada's first (and to date, only) female Prime Minister.

ANI DIFRANCO

Grammy Award-winning feminist folk artist Ani DiFranco weighs in on why women compete against one another in the workplace. How can we address the issue? "With humour!" DiFranco tells Metro.

"WE HAVE TO RETHINK FEMINISM."

KAREN
WATSON

Metro World News in London

The prolific singer-songwriter Ani DiFranco is heralded as a feminist icon.

With more than 20 albums under her name, the Grammy Award-winner is best known for her audacious, outspoken songs about sexism, civil injustice and other social issues.

When Metro met her in London, we were greeted by a folk artist, with her unruly hair and knitted, woolen top, oozing a sense of inner strength and poise; she waxed lyrical on the big

Profile

- **Name.** Angela Maria DiFranco
- **Age.** 41
- **Occupation.** Singer-songwriter, guitarist
- **In the news.** Regarded as one of the more influential folk singer-songwriters of her generation, thanks to her energetic, politically charged sound.

ALLMUSIC.COM

question of women versus women at work.

Why do you think women are mean to each other?

I guess it has a lot to do with patriarchy, the underlying social structure of the globe, which tends to make women competitors for men. So I think patriarchy needs to be addressed for many reasons—that being just one.

In what way can it be addressed, do you think?

We have to rethink feminism. We have an outdated idea of what it is: a crusade for equal pay, safety on the streets, basic rights, etc. I think we need to understand feminism as a kind of prerequisite to healing all of our other social diseases.

Patriarchy is the elephant in the room we are not addressing politically.

And until we do I don't think we can experience human nature. It's sort of a lop-sided polarity of yin-yang.

How can we address it? With humour! (laughs)

We need to be kind and tolerant of each other, and realize that we're dealing with something that's bigger than all of us. We can all fall prey to it. Understanding that, we must struggle together as allies, male and female, to balance our society and cut each other slack along the way.



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You. Are. Not. A. Bitch. Neither. Is. She

International Women's Day. Metro's global editor-in-chief Maggie Samways advises the sisterhood to stick together

MAGGIE SAMWAYS
Metro World News in London

I'm proud to work for a company run by women. Metro's board of directors has a chairwoman, not a chairman; two out of the five executive management team are women — and I'm one of them. I'm the proud employer of women — 50 per cent of my team are women. I'm proud to count ambitious, brilliant women as colleagues and friends.

That said, before my first board meeting presentation, I couldn't sleep, worried about ... the other women.

The presentation was solid, I knew I'd impress the "suits." But having never met anyone, I wasn't sure the "skirts" in the room would let me get away with it: they'd find a way to make me look stupid, to trip me up. I was concerned that those who should be my best allies could be my worst enemy.

That feeling led to the premise of this special issue.

Why do we spend so much energy cutting ourselves down? Sniping, whispering, threatening? We need to take control of the message women send to each other, and about each other: you're not bossy, you're assertive; you're not emotional, you're intuitive.



Maggie Samways, METRO

Helping hands

"Ladies, women, girls; present and future CEOs, presidents and professionals: Be the mentor you needed."

Metro global editor-in-chief
Maggie Samways

Samways invites women to help each other out in the workplace

sonally. 3) Connect them! Recommend your under-noticed, under-paid and otherwise under-exposed women colleagues — and tell them you did.

I would like to extend this challenge to Metro's readers. Ladies, women, girls; present and future CEOs, presidents and professionals: be the mentor you needed. Cut the crap. Stop the gossip.

And extend your hand. Just before my board room presentation, both women walked to the front of the room, shook mine, and told me I'd do just fine.

And I flew. Mean girls — what mean girls? THIS was the way it should be.

@THEEDITRIX

Analysis

'When women push other women down, they hurt themselves'

Erika Holiday, psychologist and co-author of the book Mean Girls, Meaner Women speaks about workplace bullying.

Are women their own worst enemy at work?

There are many women that don't have any issues working with other women. But women who do have such issues are often in supervisory position. The perpetrator might not help other women, not give information, exclude other women or keep them away from opportunities to move up in the company.



Are women their own worst enemy at work?

Women don't have the same advantages that men do. To start, they make less money than men. And so, it is harder for women to move up and become a CEO. Their "solution" is pushing other women down.

What can be done to stop this trend?

Women need to understand that the more they push other women down, the more they hurt themselves. If all women helped each other, we would be able to change the way society treats them. They should help other women rise above, because that will help you rise above, too.

CELEBRATING THE ACCOMPLISHMENTS OF WOMEN HERE AND AROUND THE WORLD

Paul Dewar
MP Ottawa Centre

304-1306 Wellington Street W.,
Ottawa, ON, K1Y 3B2

Tel: 613.946.8682 Fax: 613.946.8680

Email: paul.dewar@parl.gc.ca www.pauldewarMP.ca



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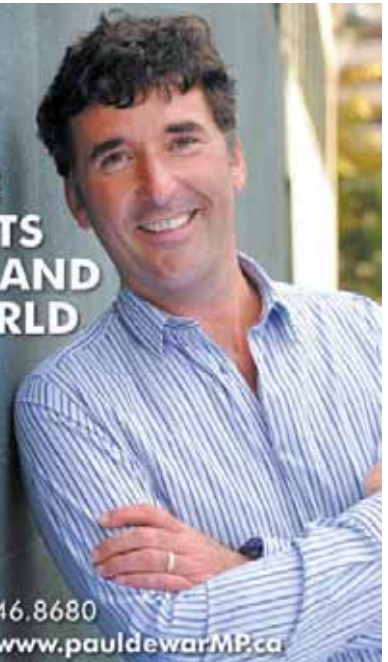
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EIZABETH
BRAW

Metro World News in London

Women, and men, love Mrs. Money Penny's career advice in the Financial Times.

Metro met Mrs. Money Penny, a.k.a. executive headhunter Heather McGregor, in Davos, Switzerland, during the World Economic Forum.

What if you get a degree as a teacher or accountant and then, at age 27, discover that you want a different career? Is your fate sealed?

There was a woman named Janet Robinson who was a teacher. When she was 27, or maybe 30, she quit her job and went from Massachusetts to New York. She didn't have a clue what she wanted to do, but she thought laterally about. She was a good tennis player and knew a lot about it, so she got herself selling ads for a tennis magazine. It was a really poorly paid job, and she had no experience selling ads. Now she's CEO of the New York Times Company. That's a great lesson in how to use your skills that you might not think count.

Men spend lots of time on the golf course, but women don't network much with each other. Why?

They have limited time. There are only 168 hours in the week, and when they

go home they have lots of other things to do. The night before I went here I was sewing name tapes on my son's clothes. I'll be here for four days; when I come home on Sunday night I'll see my family for three hours, and then I'm going back to work on Monday.

Me too. And I feel guilty about it.

Exactly. Women, especially mothers, feel guilty all the time! That's why saying no is such an important skill. You have to get used to the fact that saying no is like having

your legs waxed: it feels uncomfortable, but only for a short period of time, and the benefits are there for long.

Women and mothers don't like each other: do you agree?

I have a different theory: nobody has told young women that they can't have it all. They've been brought up in a world where everything is possible. We should tell girls: yes, you can do it, but you can't have it all at the same time. It's not just children that stand in the way of women's career. You might

be married to someone who's sent abroad; you could have an ill relative or aging parent. When, for example, you have children, you feel guilty: "I want to be a good mother, a good wife, a good friend, advance in my career." If you don't sort out your priorities, you end up being not very good at anything.

So, what gives?

If you focus on your career for too long, you end up with IVF. Women need to recognize that there are choices, and that's hard, because people don't like to think

that they have to choose. You can still have a career, but you have to be clever about it. You have to tell yourself, "for now, my children are more important."

Then, when you come back after your break, you should go on all cylinders. Don't come back for three days a week and wonder why there aren't more women at the top. It's difficult to come back from a career break, so think of a strategy. While your children are small, try a job in the same field that's less time-consuming.

MRS. MONEYPENNY

“YOU CAN DO EVERYTHING,
BUT NOT AT THE SAME TIME”

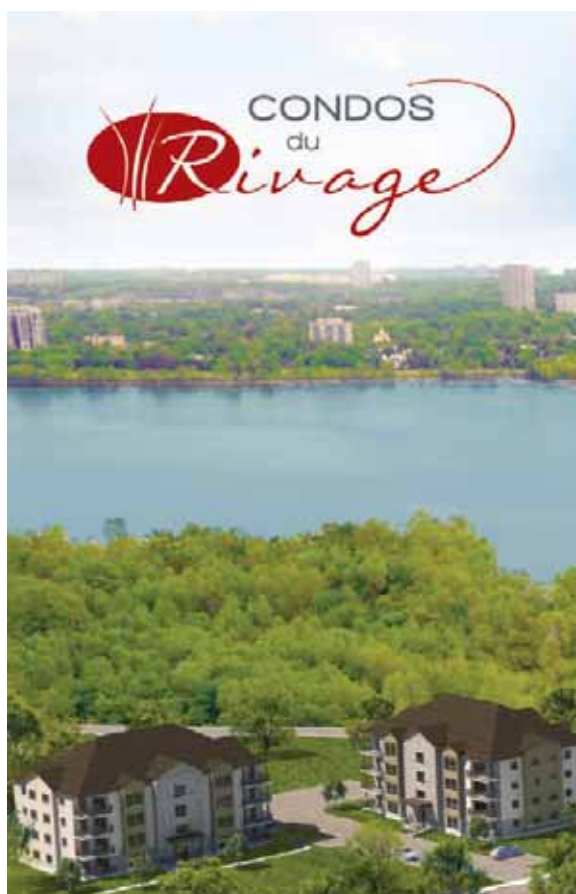
How about quotas for female bosses?

I don't believe in it. In Norway they have quotas for female board members. The result is that there are many incompetent female board members. Now, when a woman is appointed to a board in Norway, people assume she's been appointed because she's a woman. And the performance of companies in Norway is not better. That fact is used by critics to show that having female board members doesn't improve company results.

Advice

For ambitious young women (and men).

- 1 Keep a list of jobs you'd like to do.** Think about the people you know or see on TV who do an interesting job.
- 2 Talk to people who work in each of these areas.** Ask them what their career is like and what else might suit you.
- 3 Be prepared to get experience in not-so-obvious ways.** For example, get a six-week stint as a receptionist at a fashion magazine. Be nice to everyone and remember their names. At the end, ask if you can do an unpaid internship.



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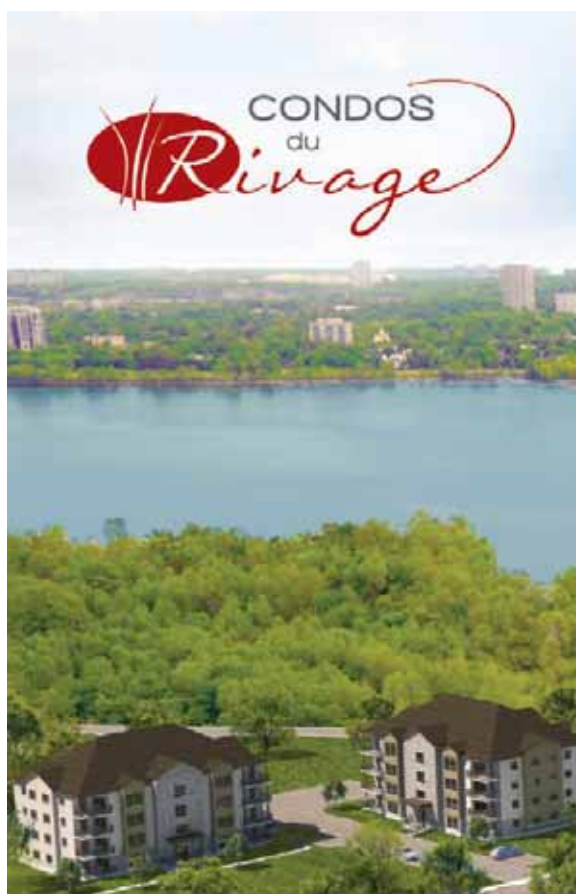
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How to beat a bully

Advice from Pat Heim, author of *In The Company of Women*.

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2 Assess your power. Are you signaling that you have more power than your aggressor? You may have to diminish your power if you are.

3 Assess your aggressor's self-esteem. She may need you to

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4 Remember that in the world of women relationship is everything. Women never forget a verbal transgression. So work on keeping your relationships with other women positive.

Intelligent, creative... and backstabbing

Female bosses are as ambitious and stubborn as their male counterparts, but much more intelligent, creative and ruthless than them, our Metropolitan Panel survey reveals.

WHY DO YOU THINK WOMEN HAVE SUCH A HARD TIME GETTING ALONG?



45%

PEOPLE BELIEVE THAT WOMEN BACKSTAB EACH OTHER AT WORK MORE THAN MEN DO. ONLY 7% BELIEVE THEY BACKSTAB LESS.



MALE BOSSES' CHARACTERISTICS	FEMALE BOSSES' CHARACTERISTICS
50% Ambitious	50% Ambitious
50% Decisive	40% Intelligent
10% Arrogant	47% Creative
20% Stubborn	26% Stubborn
10% Intelligent	26% Ruthless

YOU WOULD PREFER WORKING FOR...



GRAPHIC: BINA KOSAR, DATA: THE METROPOLITAN PANEL SURVEY. A 2011 SURVEY OF 1,000 PEOPLE ASKED THEM TO RATE A BOSS' QUALITIES. WOMEN WERE MORE LIKELY TO RATE A BOSS AS 'RUTHLESS' OR 'BACKSTABBING' THAN MEN WERE. SOURCE: THE PANEL AT: METROPOLITANPANEL.COM

*THE RESPONDENTS CAN SELECT MORE THAN ONE CHOICE

STOP the Harper PINK SLIPS INTERNATIONAL WOMEN'S DAY RALLY

12:00 noon, Thursday, March 8, 2012
Corner of Elgin & Wellington

So far, Harper Attacked:

- Childcare Funding Agreements
- Gun Registry
- Funding for Women's groups
- Pay Equity
- The Court Challenges Program
- Collective Bargaining

What's Next?

- Pension Cuts
- Job Cuts
- More prisons
- OAS cuts
- Fewer services to Canadians

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Terrasses (15 Eddy)
Place du Portage (200 du Portage)
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Public Service Alliance of Canada
Alliance de la Fonction publique du Canada

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www.psac-ncr.com

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- Le Programme de contestation judiciaire
- L'équité salariale dans la Fonction publique
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Tunney's Pasture - Brooke Claxton
Terrasses (15 Eddy)
Place du Portage (200 du Portage)
615 Booth Street



Public Service Alliance of Canada
Alliance de la Fonction publique du Canada

INFO: PSAC/AFPC Ottawa RO (613) 560-2560
www.psac-ncr.com

ARRETEZ les MISES à PIED Harper RASSEMBLEMENT DE LA JOURNEE INTERNATIONALE DES FEMMES

12h00, Jeudi 8 Mars 2012
Coin de la rue Elgin et la rue Wellington

Jusqu'à date, Harper s'attaque au :

- Le financement des services de garde
- Le registre des armes à feu
- Le financement des groupes de femmes
- Le Programme de contestation judiciaire
- L'équité salariale dans la Fonction publique
- Négociation collective

Dans sa mire :

- Les régimes de pensions
- La sécurité de la vieillesse
- Moins de services publics
- Nos emplois
- Plus de prisons

Des autobus de l'AFPC partiront à 11h30 de :
Tunney's Pasture - Brooke Claxton
Terrasses (15 rue Eddy)
Place du Portage (200 Prom. du Portage)
615, la rue Booth

INFO: PSAC/AFPC Gatineau (819) 777-4647
www.afpc-rcn.com

Curling



Ontario skip Glenn Howard.
JONATHAN HAYWARD/THE CANADIAN PRESS

Ontario seals Brier playoff spot

Glenn Howard has made the playoffs at the Canadian men's curling championships for the 13th time in his 14 appearances.

But this road to the final four at the Tim Hortons Brier was far from easy for the Ontario skip.

Five extra-end games and ailing Craig Savill at lead has made the 2012 Brier in Saskatoon tough for Ontario. But a 10-5 win over Prince Edward Island on Wednesday makes Howard's team the first to nail down a playoff berth.

THE CANADIAN PRESS

Soccer

Messi makes scoring history

Lionel Messi took his scoring prowess to yet another level on Wednesday, becoming the first player to net five goals in a Champions League game as Barcelona thrashed Bayer Leverkusen 7-1 Wednesday to ease into the quarterfinals.

THE ASSOCIATED PRESS

MLB



"I wasn't rushing. I thought I threw the ball well."

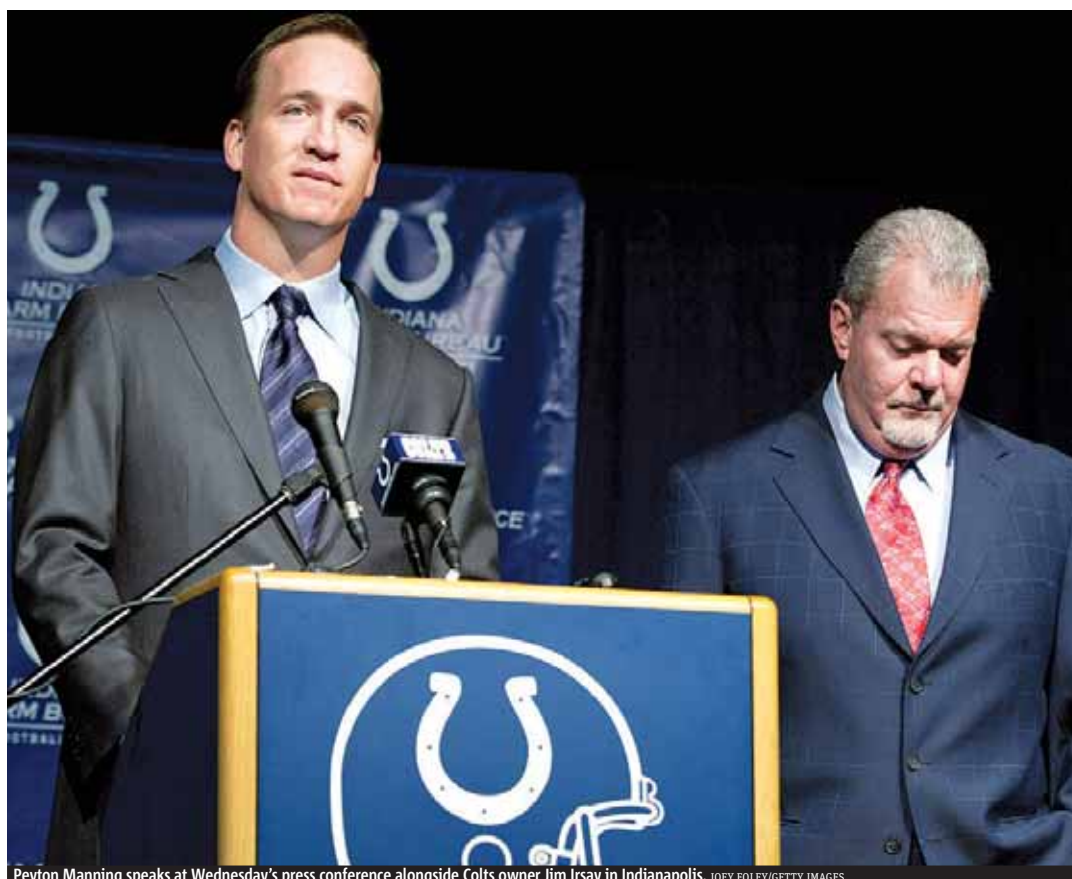
Blue Jays starter Brandon Morrow after allowing one hit in two innings in Toronto's 3-3 tie with Boston in a split-squad spring training game Wednesday. The Jays' other squad lost 8-6 to Pittsburgh.

NHL

Lupul, Armstrong out for Leafs

Toronto Maple Leafs forward Joffrey Lupul will be sidelined for three to four weeks with a separated shoulder.

Lupul was injured on a hit from David Krejci in Tuesday's 5-4 loss to the Boston Bruins. Colby Armstrong was also injured in the game, breaking his nose in a fight with Dennis Seidenberg. THE CANADIAN PRESS



Peyton Manning speaks at Wednesday's press conference alongside Colts owner Jim Irsay in Indianapolis. JOE FOLEY/GETTY IMAGES

Manning and Colts say their goodbyes

NFL. Indianapolis begins rebuild in earnest, making tough decision to release iconic quarterback

Peyton Manning and the Indianapolis Colts ended their successful partnership with a tearful goodbye Wednesday, when team owner Jim Irsay released the star quarterback rather than pay a whopping \$28-million bonus while there are lingering questions about his health.

"We all know that nothing lasts forever," Manning said. "Times change, circumstances change, and that's the reality of playing in the NFL."

Manning and Irsay each paused frequently, fighting tears with shaking voices, as they appeared together at a news conference at the Colts' team complex. It was an unusual and awkward scene, two men whose NFL lives have been so closely intertwined, standing side-by-side in jackets and ties as they told the world they were splitting up.

"This has not been easy for

Jim," Manning said, "and this has certainly not been easy for me."

The 35-year-old Manning will become a free agent, and is expected to generate interest from a half-dozen or so NFL clubs, provided he's healthy. Manning is coming off a series of operations to his neck and missed all of last season when his team's record, not coincidentally, plummeted to 2-14.

"Peyton is on the mend to try to resume his career," Irsay noted.

Indianapolis needed to cut Manning this week to avoid

paying him a bonus from the \$90 million, five-year contract he signed in July, although both owner and player insisted the decision was not really about money. The Colts are expected to take Stanford quarterback Andrew Luck with the No. 1 overall pick in April's draft.

Irsay repeatedly used the word "rebuilding" and acknowledged: "We're definitely a few years away."

Manning won't retire and hopes to be playing in the NFL to start next season.

Still, he said Wednesday: "I'll always be a Colt. I always

will be. That'll never change."

The announcement was made in a room at the Colts' complex normally lined with banners honouring some of the team's greatest stars, including, of course, Manning himself, flanked by Pro Football Hall of Fame members Eric Dickerson and John Mackey.

Clearly, this was not an easy goodbye for Manning. He even got choked up while discussing all of the Colts employees he'll no longer be around, pausing to collect himself while noting: "We've got the greatest equipment guys in the world."

"I think about those type of relationships — not necessarily always on the field, and the touchdown throw to win the game. It's the behind the scenes. The laughs. The stories. The times spent together. Those are the memories. Those aren't going away. Those will be with me for the rest of my life."

Manning forever will be thought of around these parts as No. 18, the quarterback who led the Colts to an NFL championship. He'll be remembered, too, for his record four MVP awards, his 50,000 yards passing and his 200 consecutive starts. THE ASSOCIATED PRESS

Manning's legacy

Peyton Manning started every meaningful game for 13 seasons in Indianapolis — 227 in a row, including the playoffs — and took the Colts from perennial also-ran to one of the NFL's model franchises and the 2007 Super Bowl title.

- In the two decades predating his arrival, the Colts won 116 games, one division title and made the playoffs three times.

- With Manning taking snaps, the Colts have won 150 games, eight division titles, two AFC championships and the franchise's first league championship since moving from Baltimore in 1984.

- Indianapolis broke the NFL record for most regular-season wins in a decade (115), and tied Dallas' mark for most consecutive playoff appearances (nine).

4

SPORTS



Senators preview

*N.Y. Rangers at
Ottawa,
7:30 p.m.*

(Sportsnet East)

The Senators (35-25-8) host the New York Rangers (42-16-7), who lost 4-1 to New Jersey on Tuesday. Henrik Lundqvist made 25 saves in the loss. In his last three starts, Lundqvist has allowed 10 goals on 92 shots for a .891 save percentage. Derek Stepan has two goals and three assists in the last four games. Marian Gaborik was held pointless with a minus-3 rating against the Devils, snapping a three-game, five-point streak. Gaborik leads the Rangers with 32 goals.

THE CANADIAN PRESS

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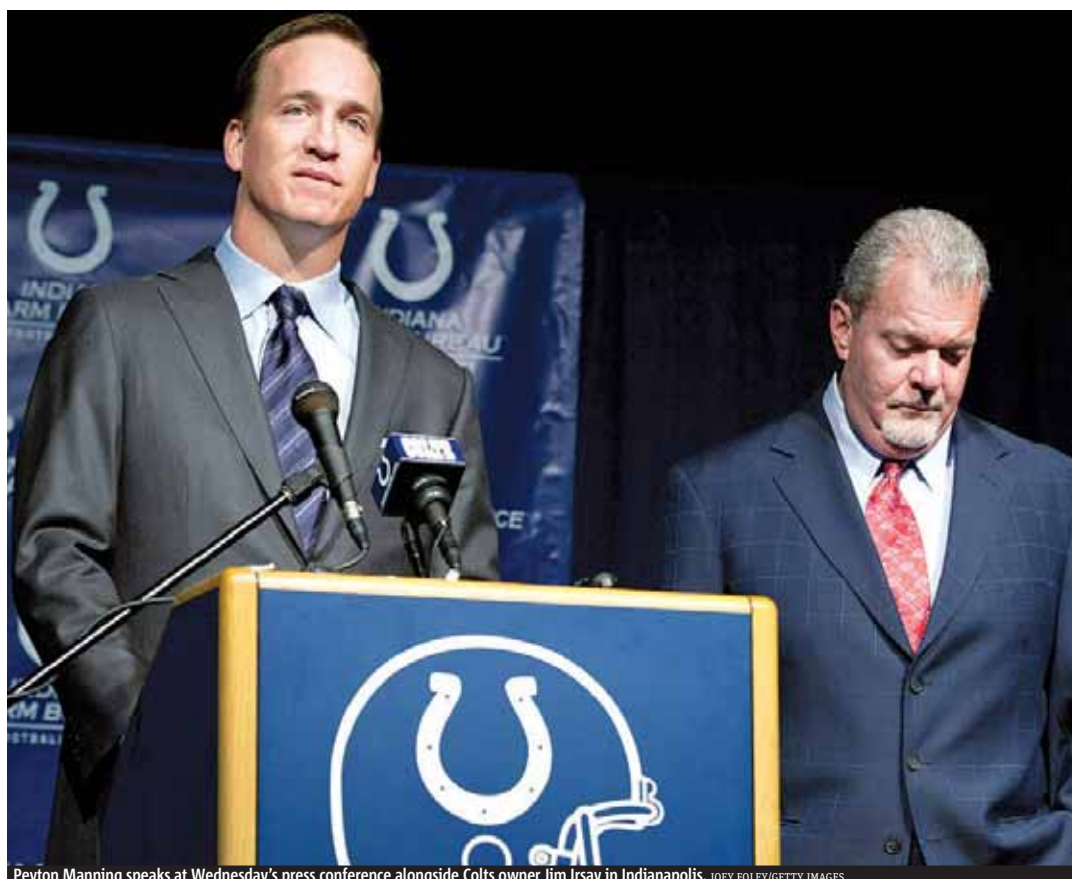
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THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	65	42	16	2	5	180	137	91	22-7-0-2	20-9-2-3	5-3-1-1	L1
d-Boston	65	39	23	1	2	214	154	81	19-12-1-1	20-11-0-1	4-5-0-1	W1
d-Florida	65	31	22	5	7	163	184	74	16-9-1-7	15-13-4-0	4-5-0-1	W1
Pittsburgh	65	39	21	2	3	209	168	83	21-8-2-0	18-13-0-3	8-2-0-0	W6
Philadelphia	65	37	21	2	5	213	193	81	16-10-1-4	21-11-1-1	6-4-0-0	W3
New Jersey	66	37	24	2	3	184	176	79	17-12-0-3	20-12-0-2	5-4-1-0	W1
Ottawa	68	35	25	6	2	209	201	78	17-13-2-1	18-12-4-1	7-3-0-0	W1
Winnipeg	67	32	27	4	4	176	187	72	21-10-1-3	11-17-3-1	6-2-1-1	W2
Washington	66	32	28	3	3	175	188	70	21-10-1-2	11-18-2-1	4-5-1-0	L3
Tampa Bay	66	31	29	3	3	187	226	68	20-10-1-1	11-19-2-2	7-3-0-0	L1
Buffalo	66	30	28	4	4	163	186	68	16-11-3-4	14-17-1-0	6-2-1-1	L1
Toronto	66	30	29	4	3	198	206	67	16-13-3-2	14-16-1-1	2-7-1-0	L1
NY Islanders	66	28	29	6	3	154	190	65	15-13-5-0	13-15-2-2	4-5-1-0	W2
Carolina	66	25	27	8	6	175	200	64	17-12-2-2	8-14-7-1	5-2-1-2	W1
Montreal	67	25	32	2	8	174	189	60	12-15-2-6	13-17-0-2	2-7-0-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	67	42	18	1	6	174	132	91	27-4-1-3	15-14-0-3	7-3-0-0	W2
d-Vancouver	67	41	18	1	7	211	166	90	19-8-0-4	22-10-1-2	5-3-1-1	L2
d-Dallas	67	36	26	1	4	179	180	77	18-12-0-3	18-14-1-1	7-1-1-1	W3
Detroit	67	43	21	1	2	211	156	89	27-4-1-1	16-17-0-1	5-4-0-1	L2
Nashville	66	38	21	3	4	188	171	83	21-8-2-3	17-13-1-1	6-3-0-1	L1
Chicago	68	36	25	4	3	203	200	79	22-7-1-3	14-18-3-0	6-4-0-0	L1
Phoenix	67	33	25	3	6	173	170	75	17-12-2-2	16-13-4-0	6-4-0-0	L4
San Jose	65	33	24	4	4	181	166	74	19-11-2-1	14-13-2-3	2-7-0-1	L3
Los Angeles	66	31	23	5	7	147	143	74	17-13-0-4	14-10-5-3	5-4-0-1	W2
Colorado	68	35	29	3	1	178	181	74	19-15-0-1	16-14-3-0	7-3-0-0	W2
Calgary	67	30	25	5	7	164	185	72	17-9-1-4	13-15-4-3	3-2-2-3	W1
Anaheim	67	29	28	4	6	170	188	68	18-12-4-0	11-14-2-6	5-4-0-1	W1
Minnesota	67	28	29	2	8	144	187	66	15-12-1-3	13-17-1-5	3-6-0-1	L5
Edmonton	66	26	34	2	4	175	198	58	16-13-1-2	10-21-0-2	4-6-0-0	W1
Columbus	66	21	38	2	5	156	216	49	12-21-1-2	9-20-1-3	5-4-1-0	W3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Carolina at Buffalo

Toronto at Pittsburgh

Tuesday's results

Calgary 5 Montreal 4

Edmonton 3 San Jose 2 (SO)

Ottawa 7 Tampa Bay 3

Boston 5 Toronto 4

Dallas 5 Vancouver 2

Carolina 4 Washington 3 (OT)

Colorado 7 Minnesota 1

Columbus 3 Phoenix 2

Los Angeles 5 Nashville 4

New Jersey 4 N.Y. Rangers 1

Philadelphia 3 Detroit 2

St. Louis 5 Chicago 1

Tonight's games

All Times Eastern

Buffalo at Boston, 7 p.m.

N.Y. Islanders at New Jersey, 7 p.m.

Florida at Philadelphia, 7 p.m.

Tampa Bay at Washington, 7 p.m.

Los Angeles at Columbus, 7 p.m.

N.Y. Rangers at Ottawa, 7:30 p.m.

Anaheim at St. Louis, 8 p.m.

Colorado at Nashville, 8 p.m.

San Jose at Dallas, 8:30 p.m.

Minnesota at Phoenix, 9 p.m.

Montreal at Edmonton, 9:30 p.m.

Winnipeg at Vancouver, 10 p.m.

Tomorrow's games

Florida at Pittsburgh, 7 p.m.

Los Angeles at Detroit, 7:30 p.m.

N.Y. Rangers at Chicago, 8:30 p.m.

Winnipeg at Calgary, 9 p.m.

Saturday's games

Washington at Boston, 1 p.m.

Edmonton at Colorado, 3 p.m.

Philadelphia at Toronto, 7 p.m.

Buffalo at Ottawa, 7 p.m.

New Jersey at N.Y. Islanders, 7 p.m.

Carolina at Tampa Bay, 7 p.m.

Columbus at St. Louis, 8 p.m.

Detroit at Nashville, 8 p.m.

Anaheim at Dallas, 8 p.m.

San Jose at Phoenix, 8 p.m.

Montreal at Vancouver, 10 p.m.

CURLING

TIM HORTONS BRIER

At Saskatoon

All Times Eastern

ROUND-ROBIN

Province (Skip)

x-Ontario (Howard)

Alberta (K. Koe)

Manitoba (R. Fowler)

Northwest Territories/Yukon (J. Koe)

Nova Scotia (Murphy)

British Columbia (Cotter)

Northen Ontario (Jacobs)

Newfoundland & Labrador (Gushue)

New Brunswick (T. Odishaw)

Quebec (Desjardins)

P.E.I. (Gaudet)

Saskatchewan (Manners)

x — clinched playoff berth

Yesterday's results

DRAW 12

Alberta 11 Northwest Territories/Yukon 3

Newfoundland & Labrador 10 Saskatchewan 6

Northern Ontario 9 Quebec 2

Ontario 8 British Columbia 4

DRAW 13

Manitoba 10 Northwest Territories/Yukon 5

New Brunswick 9 Saskatchewan 8

Ontario 10 Prince Edward Island 5

Quebec 7 Nova Scotia 6

DRAW 14

Manitoba vs. Alberta; Nova Scotia vs. North-

ern Ontario; Prince Edward Island vs. British

Columbia; Newfoundland & Labrador vs. New

Brunswick.

Tuesday's results

NINTH DRAW

Alberta 8 Newfoundland & Labrador 1

British Columbia 7 Northern Ontario 3

Manitoba 10 Nova Scotia 7

Prince Edward Island 8 New Brunswick 6

DRAW 10

Newfoundland & Labrador 8 British Columbia 6

Northern Ontario 7 Alberta 6

Northwest Territories/Yukon 8 Quebec 7 (ex-

tra end)

Ontario 7 Saskatchewan 5 (extra end)

DRAW 11

Nova Scotia 10 Saskatchewan 7

Ontario 8 Manitoba 4

Prince Edward Island 0 Northwest Territo-

ries/Yukon 6

Quebec 8 New Brunswick 3

Today's games

DRAW 15, 9:30 A.M.

Ontario vs. Nova Scotia; Saskatchewan vs. Man-

itoba; Northwest Territories/Yukon vs. New

Brunswick; Prince Edward Island vs. Quebec.

DRAW 16, 2:30 P.M.

Newfoundland & Labrador vs. Prince Edward Is-

land; British Columbia vs. New Brunswick; North-

ern Ontario vs. Manitoba; Nova Scotia vs. Alberta.

DRAW 17, 7:30 P.M.

Northwest Territories/Yukon vs. British Colum-

bia; Quebec vs. Newfoundland & Labrador; Ontario

vs. Alberta; Northern Ontario vs. Saskatchewan.

Tomorrow's games

TIEBREAKERS (IF REQUIRED)

One Draw — 1:30 p.m.

Two Draws — 9:30 a.m. and 1:30 p.m.

Three Draws — 9:30 a.m., 1:30 and 7:30 p.m.

PAGE PLAYOFFS

One vs. Two, 7:30 p.m.

Saturday's games

PAGE PLAYOFFS

Three vs. Four, 2:30 p.m.

SEMIFINAL

One-Two loser vs. Three-Four winner, 8 p.m.

Sunday's games

THIRD PLACE

Semifinal loser vs. Three-Four loser, 10 a.m.

CHAMPIONSHIP

One-Two Winner vs. Semifinal winner, 7 p.m.

SOCCER

CONCACAF CHAMPIONS LEAGUE

All Times Eastern

QUARTER-FINALS

FIRST LEG

Last night's results

Toronto FC vs. LA Galaxy (U.S.)

Seattle Sounders (U.S.) vs. Santos (Mexico)

Tuesday's result

Morelia (Mexico) 1 Monterrey (Mexico) 3

Tonight's game

Isidro Metapan (El Salvador) vs. Pumas (Mexi-

co), 8 p.m.

SECOND LEG

Tuesday, March 13

Monterrey (Mexico) vs. Morelia (Mexico), 10 p.m.

Wednesday, March 14

Santos (Mexico) vs. Seattle Sounders (U.S.), 8 p.m.

LA Galaxy (U.S.) vs. Toronto FC (Canada), 10 p.m.

Thursday, March 15

Pumas (Mexico) vs. Isidro Metapan (El Sal-

vador), 10 p.m.

EUROPEAN CHAMPIONS LEAGUE

ROUND OF 16

SECOND LEG

Yesterday's results

APOEL Nicosia (Cyprus) 1 Lyon (France) 0

(1-1 on aggregate. APOEL advances 4-3 on penalties)

Barcelona (Spain) 7 Bayer Leverkusen (Germany) 1

(Barcelona advances 10-2 on aggregate)

Tuesday's results

Arsenal (England) 3 AC Milan (Italy) 0

(AC Milan advances 4-3 on aggregate)

Benfica (Portugal) 2 Zenit St. Petersburg (Russia) 0

(Benfica advances 4-3 on aggregate)

ITALY

SERIE A

Team

AC Milan

Juventus

Lazio

Udinese

Napoli

Roma

Inter Milan

Catania

Palermo

Cievo Verona

x-Atalanta

Florentina

Bologna

Genoa

Cagliari

Siena

Parma

Lecce

Novara

Cesena

x-penalized 6 points in betting scandal

Yesterday's results

Bologna 1 Juventus 1

Cesena 0 Catania 0

Parma 2 Fiorentina 2

Tomorrow's games

Inter Milan at Cievo Verona

Cagliari at Napoli

ENGLAND

FA CUP

FIFTH ROUND — REPLAY

Yesterday's result

Tottenham 3 Stevenage 1

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Boston	3	0	1.000
Detroit	5	0	1.000
Seattle	5	1	.83

NATIONAL HOCKEY LEAGUE

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d-Dallas	67	36	26	1	4	179	180	77	18-12-0-3	18-14-1-1	7-1-1-1	W3
Detroit	67	43	21	1	2	211	156	89	27-8-1-1	16-17-0-1	5-4-0-1	L2
Nashville	66	38	21	3	4	188	171	83	21-8-2-3	17-13-1-1	6-3-0-1	L1
Chicago	68	36	25	4	3	203	200	79	22-7-1-3	14-18-3-0	6-4-0-0	L1
Phoenix	67	33	25	3	6	173	170	75	17-12-2-2	16-13-4-0	6-4-0-0	L4
San Jose	65	33	24	4	4	181	166	74	19-11-2-1	14-13-2-3	2-7-0-1	L3
Los Angeles	66	31	23	5	7	147	143	74	17-13-0-4	14-10-5-3	5-4-0-1	W2
Colorado	68	35	29	3	1	178	181	74	19-15-0-1	16-14-3-0	7-3-0-0	W2
Calgary	67	30	25	5	7	164	185	72	17-9-1-4	13-15-4-3	3-2-2-3	W1
Anaheim	67	29	28	4	6	170	188	68	18-14-2-0	11-14-2-6	5-4-0-1	W1
Minnesota	67	28	29	2	8	144	187	66	15-12-1-3	13-17-1-5	3-6-0-1	L5
Edmonton	66	26	34	2	4	175	198	58	16-13-1-2	10-21-0-2	4-6-0-0	W1
Columbus	66	21	38	2	5	156	216	49	12-12-1-2	9-20-1-3	5-4-1-0	W3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Carolina at Buffalo
Toronto at Pittsburgh
Tuesday's results
Calgary 5 Montreal 4
Edmonton 3 San Jose 2 (SO)
Ottawa 7 Tampa Bay 3
Boston 5 Toronto 4
Dallas 5 Vancouver 2
Carolina 4 Washington 3 (OT)
Colorado 7 Minnesota 1
Columbus 3 Phoenix 2
Los Angeles 5 Nashville 4
New Jersey 4 N.Y. Rangers 1
Philadelphia 3 Detroit 2
St. Louis 5 Chicago 1

Tonight's games

All Times Eastern
Buffalo at Boston, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
Florida at Philadelphia, 7 p.m.
Tampa Bay at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
N.Y. Rangers at Ottawa, 7:30 p.m.
Anaheim at St. Louis, 8 p.m.
Colorado at Nashville, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Minnesota at Phoenix, 9 p.m.
Montreal at Edmonton, 9:30 p.m.
Winnipeg at Vancouver, 10 p.m.

Tomorrow's games

Florida at Pittsburgh, 7 p.m.
Los Angeles at Detroit, 7:30 p.m.
N.Y. Rangers at Chicago, 8:30 p.m.
Winnipeg at Calgary, 9 p.m.
Saturday's games
Washington at Boston, 1 p.m.
Edmonton at Colorado, 3 p.m.
Philadelphia at Toronto, 7 p.m.
Buffalo at Ottawa, 7 p.m.
New Jersey at N.Y. Islanders, 7 p.m.
Carolina at Tampa Bay, 7 p.m.
Columbus at St. Louis, 8 p.m.
Detroit at Nashville, 8 p.m.
Anaheim at Dallas, 8 p.m.
San Jose at Phoenix, 8 p.m.
Montreal at Vancouver, 10 p.m.

SCORING LEADERS

	G	A	PT
Stamkos, TB	48	33	81
Malkin, Pgh	38	43	81
Giroux, Pha	24	53	77
Spezza, Ott	28	44	72
Kessel, Tor	33	37	70
Lupul, Tor	25	42	67
Karlsson, Ott	16	51	67
H.Sedlin, Vcr	13	53	66
D.Sedin, Vcr	28	36	64
Hossa, Chi	27	37	64
Kovalchuk, NJ	26	38	64
Eberle, Edm	30	33	63
Tavares, NYI	26	37	63
Elias, NY	22	41	63
Neal, Pgh	30	32	62
Eriksson, Dal	23	38	61
St. Louis, TB	22	39	61
Ra.Whitney, Pgh	21	40	61
Hartnell, Pha	31	28	59
Pominville, Buf	23	36	59
E.Staal, Car	19	40	59
Datsyuk, Det	16	43	59
Parenteau, NYI	15	44	59
Thornton, SJ	14	45	59
Gaborik, NYR	32	26	58
Selanne, Ana	21	37	58
Toews, Chi	29	28	57
Parise, NJ	27	30	57
Moulson, NYI	28	28	56
Kopitar, LA	19	37	56
Vrbata, Phx	30	25	55
Sharp, Chi	25	30	55
Zetterberg, Det	16	39	55
Perry, Ana	33	21	54
Iginia, Cal	27	27	54
Sequin, Bos	24	30	54
Filipula, Det	21	33	54
O.Jokinen, Cal	20	34	54
Bergeron, Bos	19	35	54
Wheeler, Wpg	15	39	54
Couture, SJ	27	26	53
Purcell, TB	19	34	53
P.Kane, Chi	16	37	53

Not including last night's games

CURLING

TIM HORTONS BRIER

At Saskatoon

All Times Eastern

ROUND-ROBIN

	W	L
Province (Skip)	8	1
x-Ontario (Howard)	7	1
Alberta (K. Koe)	5	3
Manitoba (R. Fowler)	5	3
Northwest Territories/Yukon (J. Koe)	4	4
Nova Scotia (Murphy)	4	4
British Columbia (Cotter)	4	4
Northern Ontario (Jacobs)	4	4
Newfoundland & Labrador (Gushue)	3	5
New Brunswick (T. Odishaw)	3	5
Quebec (Desjardins)	3	6
P.E.I. (Gaudet)	2	6
Saskatchewan (Manners)	2	7
x — clinched playoff berth		

Yesterday's results

DRAW 12
Alberta 11 Northwest Territories/Yukon 3
Newfoundland & Labrador 10 Saskatchewan 6
Northern Ontario 9 Quebec 2
Ontario 8 British Columbia 4
DRAW 13
Manitoba 10 Northwest Territories/Yukon 5
New Brunswick 9 Saskatchewan 8
Ontario 10 Prince Edward Island 5
Quebec 7 Nova Scotia 6

DRAW 14

Manitoba vs. Alberta; Nova Scotia vs. Northern Ontario; Prince Edward Island vs. British Columbia; Newfoundland & Labrador vs. New Brunswick.

Tuesday's results

NINTH DRAW

Alberta 8 Newfoundland & Labrador 1
British Columbia 7 Northern Ontario 3
Manitoba 10 Nova Scotia 7
Prince Edward Island 8 New Brunswick 6

DRAW 10

Newfoundland & Labrador 8 British Columbia 6
Northern Ontario 7 Alberta 6
Northwest Territories/Yukon 8 Quebec 7 (extra end)

DRAW 11

Nova Scotia 10 Saskatchewan 7
Ontario 8 Manitoba 4
Prince Edward Island 0 Northwest Territories/Yukon 6
Quebec 8 New Brunswick 3

Today's games

DRAW 15, 9:30 A.M.
Ontario vs. Nova Scotia; Saskatchewan vs. Manitoba; Northwest Territories/Yukon vs. New Brunswick; Prince Edward Island vs. Quebec.

DRAW 16, 2:30 P.M.

Newfoundland & Labrador vs. Prince Edward Island; British Columbia vs. New Brunswick; Northern Ontario vs. Manitoba; Nova Scotia vs. Alberta.

DRAW 17, 7:30 P.M.

Northwest Territories/Yukon vs. British Columbia; Quebec vs. Newfoundland & Labrador; Ontario vs. Alberta; Northern Ontario vs. Saskatchewan.

Tomorrow's games

TIEBREAKERS (IF REQUIRED)

One Draw — 1:30 p.m.

Two Draws — 9:30 a.m. and 1:30 p.m.

Three Draws — 9:30 a.m., 1:30 and 7:30 p.m.

PAGE PLAYOFFS

One vs. Two, 7:30 p.m.

Saturday's games

PAGE PLAYOFFS

Three vs. Four, 2:30 p.m.

SEMIFINAL

One-Two loser vs. Three-Four winner, 8 p.m.

Sunday's games

THIRD PLACE

Semifinal loser vs. Three-Four loser, 10 a.m.

CHAMPIONSHIP

One-Two Winner vs. Semifinal winner, 7 p.m.

SOCCER

CONCACAF CHAMPIONS LEAGUE

All Times Eastern

QUARTER-FINALS

FIRST LEG

Last night's results

Toronto FC vs. LA Galaxy (U.S.)

Seattle Sounders (U.S.) vs. Santos (Mexico)

Tuesday's result

Morelia (Mexico) 1 Monterrey (Mexico) 3

Tonight's game

Isidro Metapan (El Salvador) vs. Pumas (Mexico), 8 p.m.

SECOND LEG

Tuesday, March 13

Monterrey (Mexico) vs. Morelia (Mexico), 10 p.m.

Wednesday, March 14

Santos (Mexico) vs. Seattle Sounders (U.S.), 8 p.m.

LA Galaxy (U.S.) vs. Toronto FC (Canada), 10 p.m.

Thursday, March 15

Pumas (Mexico) vs. Isidro Metapan (El Salvador), 10 p.m.

EUROPEAN

CHAMPIONS LEAGUE

ROUND OF 16

SECOND LEG

Yesterday's results

APOEL Nicosia (Cyprus) 1 Lyon (France) 0

(1-1 on aggregate. APOEL advances 4-3 on penalties)

Barcelona (Spain) 7 Bayer Leverkusen (Germany) 1

(Barcelona advances 10-2 on aggregate)

Tuesday's results

Arsenal (England) 3 AC Milan (Italy) 0

(AC Milan advances 4-3 on aggregate)

Benfica (Portugal) 2 Zenit St. Petersburg (Russia) 0

(Benfica advances 4-3 on aggregate)

ITALY

SERIE A

Team	GP	W	D	L	GF	GA	Pts
AC Milan	26	16	6	4	53	22	54
Juventus	26	13	13	0	39	17	52
Lazio	26	14	6	6	41	30	48
Udinese	26	13	7	6	37	23	46
Napoli	26	11	10	5	44	25	43
Roma	26	11	5	10	39	33	38
Inter Milan	26	11	4	11	36	36	37
Catania	26	8	11	7	34	35	35
Palermo	26	10	4	12	39	43	34
Cievo Verona	26	9	7	10	22	31	34
x-Atalanta	26	9	11	6	30	28	32
Florentina	26	8	10	17	27	32	
Bologna	26	8	10	26	30	32	
Genoa	26	9	5	12	35	48	32
Cagliari	26	7	10	9	23	29	31
Siena	26	7	8	11	32	41	30
Parma	26	7	8	11	30	28	29
Lecce	26	6	7	13	30	42	25
Novara	26	3	8	15	21	46	17
Cesena	26	4	5	17	16	40	17

x-penalized 6 points in betting scandal

Yesterday's results

Bologna 1 Juventus 1

Cesena 0 Catania 0

Parma 2 Fiorentina 2

Tomorrow's games

Inter Milan at Cievo Verona

Cagliari at Napoli

ENGLAND

FA CUP

FIFTH ROUND — REPLAY

Yesterday's result

Tottenham 3 Stevenage 1

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Boston	3	0	1.000
Detroit	5	0	1.000
Seattle	5	1	.833
Los Angeles	2	1	.667
Oakland	4	2	.667
Kansas City	3	2	.600
Toronto	3	2	.600
Baltimore	2	2	.500
Cleveland	2	2	.500
Minnesota	3	3	.500
Texas	2	2	.500
New York	2	3	.400
Tampa Bay	1	4	.200
Chicago	0	3	.000

NATIONAL LEAGUE

	W	L	Pct
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Lehner still learning to be a pro



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

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Lehner — the Sens' No. 2



Senators goaltending prospect Robin Lehner saves a shot by Chicago's Bryan Bickell at Scotiabank Place last Friday night. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES FILE

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of which included a 32-save shutout masterpiece last week in Boston. The AHL's 2011 Calder Cup MVP is giving fans a glimpse of what they can expect in future.

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six-foot-three, 220-pounder: Is he a confident young man or does he own an unearned sense of entitlement?

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THE CANADIAN PRESS

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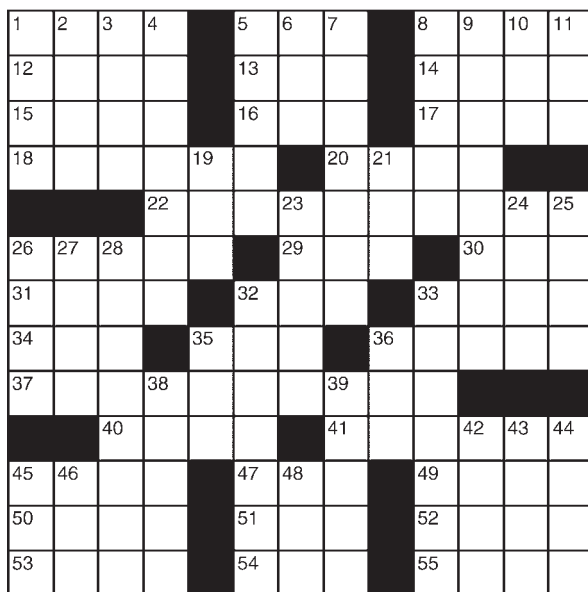
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Crossword

Across

1 Paddock papa
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12 Mideastern gulf
13 "The Greatest"
14 Architect Saarinen
15 Paper quantity
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29 Trigger's rider
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31 See 36-Across
32 Victory
33 Auction
34 — out a living
35 Lubricate
36 With 31-Across, 1957 Pat Boone hit
37 Forefront of activity
40 From square one
41 Etta James classic
45 "The Forsyte —"
47 \$ dispenser
49 Perjurer
50 Paradise
51 Unruly group
52 Advan-tage
53 "The Da Vinci —"
54 "Mayday!"
55 Dilbert's workplace
Down
1 Ganges garment
2 Footnote word
3 Harvest



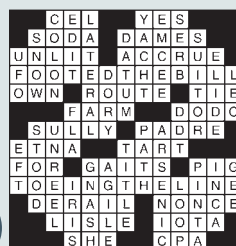
4 As a group
5 Egypt's capital
6 The whole enchilada
7 Top prize on many recent game shows
8 Fix, as software
9 Hats
10 Sphere
11 Misery
19 Mischievous tyke
21 Whatever number
23 Baleen whale's fodder
24 Wrinkly citrus
25 Christmas

refrain
26 Staff leader?
27 Norse trickster god
28 Did a mean job?
32 Some Native American homes
33 Relieved
35 Individual
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38 Crazy
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43 Droops
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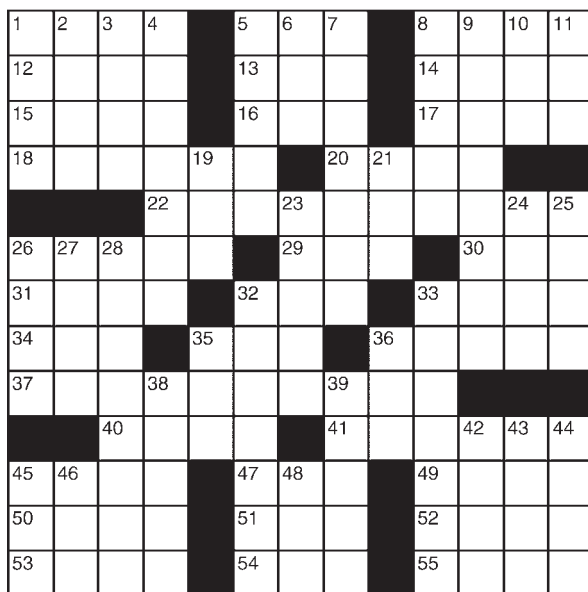
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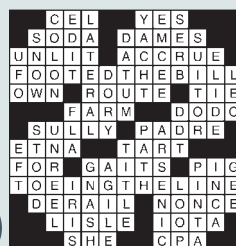
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How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

WHAT WE PAY

Gold karat scrap, and Canadian Bullion Buying Prices - Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,606.68/coin
9999 Canada Maple leaf, less than 1 ounce	\$51.66/g
24k Jewellery	\$40.03/g
22k	\$36.67/g
E. Indian/Nuggets	\$32.51/g
18k	\$30.02/g
14k and dental	\$23.34/g
10k	\$16.65/g
9k	\$15.01/g
8k/antique gold	\$10.01/g
Silver Maple Leaf (sealed)	\$31.89/coin
Stamped Sterling Silver Flatware	\$0.69/g
Platinum (950 purity)	\$35.42/g

Gold Coin and Bar Buying Prices Karat | Price/gram

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Canada Maple leaf, less than 1 ounce	\$51.66/g
Canada \$100 1976 (22kt)	\$710.81
Canada \$100 1976 (14kt)	\$355.40
Canada \$100 1977-1986	\$710.81
Canada \$100 1987-2010	\$355.40
China Panda (1 ounce)	\$1,615.09/coin
Mexico 50 pesos	\$1,714.05
USA Gold Eagle (1 ounce)	\$1,421.62
South Africa Krugerrand (1 ounce)	\$1,421.62
Sovereign	\$334.65
Other Recognized 999 Coins and Bars	\$50.04/g
Other Gold coins less than 24kt	\$45.71/g of pure gold content

Gold Bars | Price/gram

Gold 1 ounce (sealed, recognized)	\$1,556.21
Gold 10 ounce (sealed, recognized)	\$15,477.99
Gold 1kg (sealed, recognized)	\$49,761.73
Gold bars, less than 1 ounce (recognized)	\$49.77/g
999 Gold bar (Unrecognized)	\$48.42/g



Example Purchase 1:
Purity: 14k • Weight: 193.50g
PRICE: \$4,516.29



Example Purchase 2:
Purity: 24k • Weight: 6.42g
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Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	\$31.89/coin
1966 and Earlier: dimes, quarters, half-dollars, dollars*	Approximate price: \$15.06 per dollar facevalue Exact price: \$0.65/g
1967: dimes, quarters, half-dollars, dollars*	Approximate price: \$12.200 per dollar facevalue Exact price: \$0.52/g
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1976: Montreal Olympic \$10 Coin	\$36.23

United States Coins | Price

US Eagle (1 ounce Silver, Sealed)	\$31.89
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Silver 1 ounce (sealed, recognized)	\$30.55
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Silver 20 ounce (sealed, recognized)	\$601.02
Silver 50 ounce (sealed, recognized)	\$1,502.55
Silver 100 ounce (sealed, recognized)	\$2,988.40
Silver bar (Unrecognized)	\$0.88/g

Silver Jewellery and Other Silver | Price

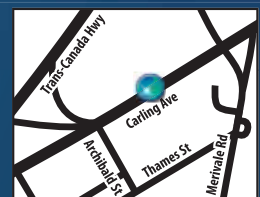
Stamped Sterling Silver Flatware	\$0.67/g
Stamped Sterling Silver Jewellery	\$0.64/g
Mexican Silver stamped 925	\$0.54/g
Stamped 800 Silver	\$0.52/g
Unstamped scrap silver	\$0.34/g
Other silver coins	\$0.72/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

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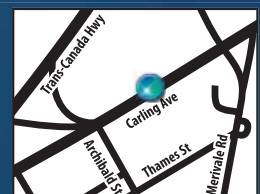
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